



Golden-Baked Mini Reubens

READY IN



30 min.

SERVINGS



20

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 ounces corned beef ribs thinly sliced
- 16 ounce cocktail rye bread
- 16 ounce sauerkraut shredded drained well canned
- 6 ounce swiss cheese halved
- 0.5 cup thousand island dressing

Equipment

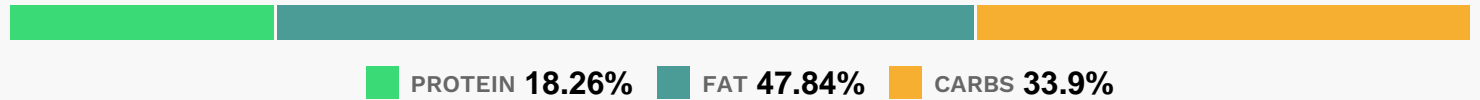
- baking sheet
- oven

ziploc bags

Directions

- Spread dressing evenly on 1 side of each bread slice; top half of slices evenly with half of cheese, corned beef, sauerkraut, and remaining cheese. Top with remaining bread slices.
- Coat a baking sheet with cooking spray; arrange sandwiches on baking sheet. Coat bottom of a second baking sheet with cooking spray; place, coated side down, on sandwiches.
- Bake at 375 for 8 to 10 minutes or until bread is golden and cheese melts.
- Note: To make ahead, place unbaked sandwiches on baking sheets and freeze until firm; place sandwiches in heavy-duty zip-top plastic bags, and freeze.
- Bake according to directions at 375 for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:5.57, Glycemic Load:5.18, Inflammation Score:-2, Nutrition Score:7.0565217785213%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 153.84kcal (7.69%), Fat: 8.14g (12.53%), Saturated Fat: 2.82g (17.63%), Carbohydrates: 12.98g (4.33%), Net Carbohydrates: 10.96g (3.99%), Sugar: 2.23g (2.47%), Cholesterol: 18.72mg (6.24%), Sodium: 569.54mg (24.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7g (13.99%), Selenium: 13.03µg (18.61%), Vitamin B1: 0.2mg (13.43%), Manganese: 0.23mg (11.37%), Phosphorus: 103.29mg (10.33%), Calcium: 101.31mg (10.13%), Vitamin C: 8.02mg (9.72%), Vitamin B12: 0.56µg (9.33%), Fiber: 2.02g (8.09%), Vitamin B2: 0.14mg (8.06%), Folate: 32.01µg (8%), Zinc: 1.17mg (7.83%), Vitamin B3: 1.55mg (7.74%), Iron: 1.35mg (7.49%), Vitamin K: 7.66µg (7.29%), Vitamin B6: 0.1mg (5.09%), Magnesium: 17.71mg (4.43%), Copper: 0.09mg (4.33%), Potassium: 139.45mg (3.98%), Vitamin E: 0.41mg (2.72%), Vitamin B5: 0.25mg (2.54%), Vitamin A: 89.45IU (1.79%)