



Ham Reuben

READY IN



10 min.

SERVINGS



10

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 5 slices oscar mayer deli ham smoked fresh
- 2 slices cocktail rye bread
- 2 Tbsp claussen sauerkraut drained
- 1 big swiss cheese kraft
- 1 Tbsp thousand island dressing fat free kraft

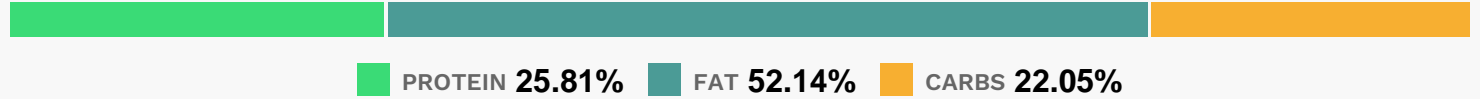
Equipment

- frying pan

Directions

- Spread 1 bread slice with dressing. Fill bread slices with remaining ingredients.
- Cook in skillet sprayed with cooking spray on medium heat 3 min. on each side or until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:1.44, Inflammation Score:-1, Nutrition Score:2.589565217495%

Nutrients (% of daily need)

Calories: 63.9kcal (3.2%), Fat: 3.65g (5.62%), Saturated Fat: 1.27g (7.93%), Carbohydrates: 3.48g (1.16%), Net Carbohydrates: 3.01g (1.09%), Sugar: 0.54g (0.6%), Cholesterol: 10.68mg (3.56%), Sodium: 242.85mg (10.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.13%), Vitamin B1: 0.14mg (9.05%), Selenium: 5.71µg (8.16%), Phosphorus: 48.74mg (4.87%), Vitamin B3: 0.88mg (4.4%), Vitamin B2: 0.06mg (3.48%), Zinc: 0.48mg (3.21%), Vitamin B6: 0.06mg (3.15%), Manganese: 0.06mg (2.99%), Vitamin B12: 0.14µg (2.35%), Calcium: 21.94mg (2.19%), Folate: 8.32µg (2.08%), Iron: 0.37mg (2.04%), Fiber: 0.47g (1.88%), Potassium: 58.61mg (1.67%), Magnesium: 6.29mg (1.57%), Vitamin K: 1.59µg (1.51%), Copper: 0.03mg (1.36%), Vitamin B5: 0.1mg (1.02%)