



## Hot Reuben Dip

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup deli corned beef sliced chopped
- 4 oz philadelphia cream cheese softened ()
- 0.8 cup well-drained claussen sauerkraut
- 8 oz big swiss cheese chopped kraft
- 0.5 cup thousand island dressing kraft

## Equipment

- bowl
- oven

## Directions

- Heat oven to 350F.
- Mix cream cheese and dressing in medium bowl until blended.
- Add remaining ingredients; mix well.
- Spread onto bottom of 9-inch pie plate sprayed with cooking spray.
- Bake 20 min. or until heated through.

## Nutrition Facts

 **PROTEIN 17.34%**  **FAT 76.2%**  **CARBS 6.46%**

## Properties

Glycemic Index:2.46, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:1.8469565316387%

## Nutrients (% of daily need)

Calories: 57.31kcal (2.87%), Fat: 4.86g (7.48%), Saturated Fat: 2.17g (13.56%), Carbohydrates: 0.93g (0.31%), Net Carbohydrates: 0.81g (0.3%), Sugar: 0.72g (0.8%), Cholesterol: 11.97mg (3.99%), Sodium: 115.92mg (5.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.98%), Calcium: 62.56mg (6.26%), Phosphorus: 46.01mg (4.6%), Vitamin B12: 0.26µg (4.34%), Selenium: 2.91µg (4.16%), Vitamin B1: 0.05mg (3.66%), Vitamin K: 3.02µg (2.88%), Zinc: 0.41mg (2.71%), Vitamin A: 105.38IU (2.11%), Vitamin B2: 0.03mg (2.05%), Vitamin C: 1.32mg (1.6%), Vitamin E: 0.21mg (1.43%)