



Little Reubens

 Dairy Free

READY IN



34 min.

SERVINGS



34

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 oz oscar mayer selects uncured angus beef franks
- 2 Tbsp horseradish prepared kraft
- 16 oz crescent dinner rolls refrigerated canned
- 1 cup patted claussen sauerkraut dry drained
- 1 cup thousand island dressing kraft

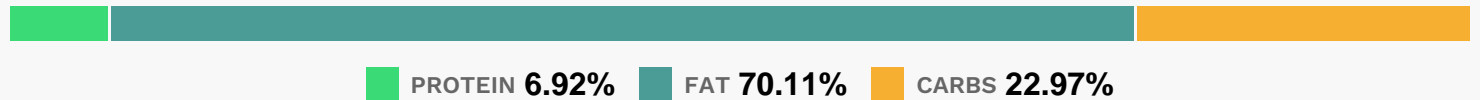
Equipment

- baking sheet
- oven

Directions

- Heat oven to 375F.
- Cut each frank into 6 pieces. Unroll dough into 16 triangles; cut each triangle lengthwise into thirds.
- Place 1 tsp. sauerkraut and 1 frank on wide end of each triangle; roll up.
- Place, point-sides down, on baking sheet.
- Bake 12 to 14 min. or until golden brown.
- Mix dressing and horseradish; serve with franks.

Nutrition Facts



Properties

Glycemic Index:1.97, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.7047826051712%

Nutrients (% of daily need)

Calories: 119.4kcal (5.97%), Fat: 9.5g (14.61%), Saturated Fat: 3.24g (20.25%), Carbohydrates: 7g (2.33%), Net Carbohydrates: 6.79g (2.47%), Sugar: 2.81g (3.12%), Cholesterol: 9.38mg (3.13%), Sodium: 343.52mg (14.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.22%), Vitamin B1: 0.11mg (7.42%), Vitamin K: 5.64µg (5.37%), Vitamin B12: 0.22µg (3.62%), Iron: 0.5mg (2.77%), Selenium: 1.69µg (2.42%), Phosphorus: 21.77mg (2.18%), Zinc: 0.33mg (2.18%), Vitamin E: 0.3mg (2%), Vitamin B3: 0.35mg (1.73%), Copper: 0.02mg (1.16%), Vitamin B2: 0.02mg (1.1%), Vitamin C: 0.83mg (1.01%)