



## Marble Rye & Beef Reuben

READY IN



15 min.

SERVINGS



15

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 12 slices oscar mayer deli slow roasted roast beef fresh
- 4 slices marble rye bread
- 2 Tbsp claussen sauerkraut drained
- 2 big swiss cheese kraft
- 2 Tbsp lite thousand island dressing kraft

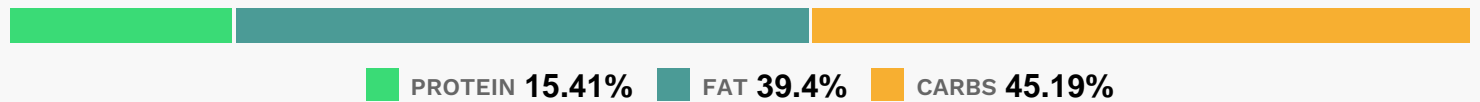
### Equipment

- frying pan

## Directions

- Mix sauerkraut and dressing.
- Spread 2 bread slices with sauerkraut mixture; fill with remaining ingredients to make 2 sandwiches.
- Cook in skillet sprayed with cooking spray on medium heat 4 min. on each side or until golden brown on both sides.

## Nutrition Facts



## Properties

Glycemic Index:7.42, Glycemic Load:1.92, Inflammation Score:-1, Nutrition Score:1.7608695729919%

## Nutrients (% of daily need)

Calories: 40.43kcal (2.02%), Fat: 1.76g (2.71%), Saturated Fat: 0.58g (3.66%), Carbohydrates: 4.55g (1.52%), Net Carbohydrates: 3.98g (1.45%), Sugar: 0.69g (0.76%), Cholesterol: 3.12mg (1.04%), Sodium: 101.24mg (4.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.1%), Selenium: 3.42µg (4.88%), Vitamin B1: 0.07mg (4.59%), Manganese: 0.07mg (3.72%), Calcium: 29.6mg (2.96%), Phosphorus: 26.19mg (2.62%), Folate: 10.14µg (2.53%), Fiber: 0.57g (2.28%), Vitamin B2: 0.04mg (2.24%), Vitamin B3: 0.4mg (1.98%), Vitamin K: 1.86µg (1.78%), Iron: 0.32mg (1.75%), Zinc: 0.23mg (1.56%), Vitamin B12: 0.08µg (1.37%), Magnesium: 4.76mg (1.19%)