



Pink's Polish Pastrami Reuben Dog

READY IN



19 min.

SERVINGS



1

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

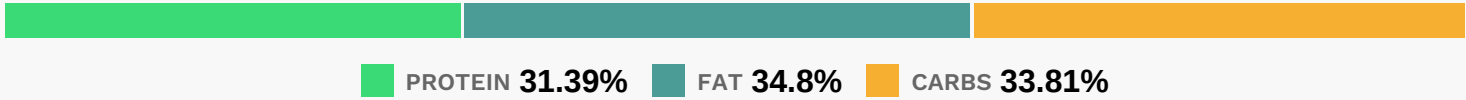
- ☐ 1 polish hot dog steamed
- ☐ 1 hot dog bun
- ☐ 2 tablespoons mustard
- ☐ 3 ounces premium pastrami sliced
- ☐ 0.3 cup sauerkraut
- ☐ 1 slices swiss cheese

Equipment

Directions

- ☐ Spread mustard onto a warm, soft hot dog bun.
- ☐ Add cheese, hot dog, pastrami and top with sauerkraut.

Nutrition Facts



Properties

Glycemic Index:251, Glycemic Load:16.28, Inflammation Score:-6, Nutrition Score:22.159565303637%

Flavonoids

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

Nutrients (% of daily need)

Calories: 402.38kcal (20.12%), Fat: 15.66g (24.09%), Saturated Fat: 5.89g (36.78%), Carbohydrates: 34.24g (11.41%), Net Carbohydrates: 31.15g (11.33%), Sugar: 4.15g (4.61%), Cholesterol: 76.03mg (25.34%), Sodium: 1972.85mg (85.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.78g (63.56%), Selenium: 47.86µg (68.37%), Vitamin C: 35.36mg (42.86%), Vitamin B3: 7.99mg (39.94%), Zinc: 5.84mg (38.96%), Vitamin B12: 2.33µg (38.82%), Phosphorus: 352.13mg (35.21%), Iron: 5.91mg (32.81%), Vitamin B1: 0.49mg (32.37%), Vitamin B2: 0.48mg (28%), Calcium: 260.5mg (26.05%), Manganese: 0.47mg (23.37%), Folate: 80.1µg (20.03%), Vitamin B6: 0.28mg (14.06%), Magnesium: 55.56mg (13.89%), Fiber: 3.08g (12.34%), Potassium: 428.88mg (12.25%), Copper: 0.21mg (10.64%), Vitamin K: 7.34µg (6.99%), Vitamin B5: 0.69mg (6.85%), Vitamin A: 169.21IU (3.38%), Vitamin E: 0.37mg (2.48%)