



Reuben Bites

READY IN



80 min.

SERVINGS



20

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 lb corned beef ribs cooked chopped
- 0.3 cup grey poupon dijon mustard
- 3 eggs
- 1 Tbsp parsley fresh chopped
- 1.5 cups milk
- 8 oz sauerkraut drained canned
- 1.3 cups swiss cheese shredded divided kraft
- 56 woven wheat crackers

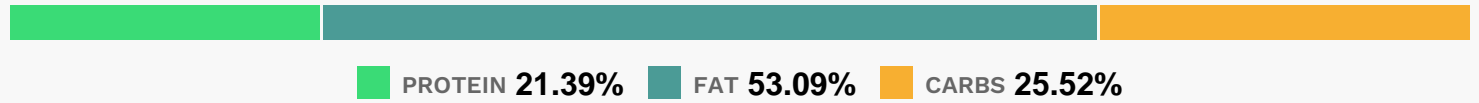
Equipment

- oven
- whisk
- baking pan

Directions

- Heat oven to 350F.
- Arrange half the crackers in rows on bottom of 13x9-inch baking dish. Cover with layers of 3/4 cup cheese, sauerkraut and corned beef; top with remaining cheese and crackers.
- Whisk remaining ingredients until blended; pour over crackers.
- Bake 40 min. or until top is puffed and golden brown.
- Let stand 10 min. before cutting to serve.

Nutrition Facts



Properties

Glycemic Index:8.05, Glycemic Load:0.41, Inflammation Score:-1, Nutrition Score:3.656521719435%

Flavonoids

Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 87.27kcal (4.36%), Fat: 5.17g (7.95%), Saturated Fat: 2.23g (13.97%), Carbohydrates: 5.59g (1.86%), Net Carbohydrates: 4.76g (1.73%), Sugar: 1.86g (2.07%), Cholesterol: 36.09mg (12.03%), Sodium: 248.11mg (10.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.37%), Calcium: 95.66mg (9.57%), Selenium: 6.61µg (9.44%), Phosphorus: 82.67mg (8.27%), Vitamin B12: 0.46µg (7.71%), Vitamin B2: 0.09mg (5.27%), Vitamin K: 4.81µg (4.58%), Zinc: 0.66mg (4.4%), Vitamin C: 3.46mg (4.2%), Fiber: 0.83g (3.31%), Iron: 0.58mg (3.22%), Vitamin B6: 0.06mg (3.03%), Vitamin A: 141.57IU (2.83%), Vitamin B5: 0.25mg (2.51%), Potassium: 83.19mg (2.38%), Magnesium: 9.07mg (2.27%), Vitamin D: 0.33µg (2.22%), Folate: 7.22µg (1.81%), Manganese: 0.03mg (1.72%), Vitamin B1: 0.02mg (1.63%), Copper: 0.03mg (1.39%), Vitamin B3: 0.27mg (1.36%)