



## Reuben Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



327 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 4 cups water
- 1.5 cups milk
- 0.3 cup butter
- 1 tablespoon mustard yellow
- 9.4 oz roasted garlic mashed
- 6 ounces corned beef ribs sliced cut into 1/2-inch pieces
- 14.5 ounces sauerkraut rinsed drained well canned
- 8 ounces swiss cheese shredded

- 4 teaspoons caraway seeds
- 1 serving thousand island dressing

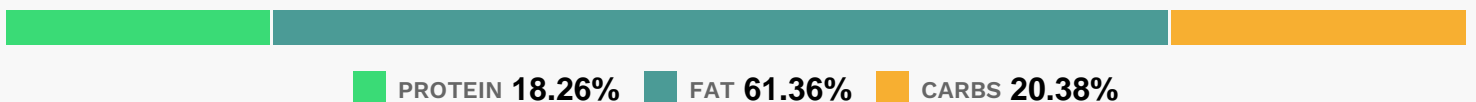
## Equipment

- sauce pan
- oven
- baking pan

## Directions

- Heat oven to 350°F. Grease or spray 2 1/2-qt baking dish.
- Heat water and butter to rapid boil in 3-quart saucepan; remove from heat. Stir in milk and mustard. Stir in 2 pouches potatoes just until moistened.
- Let stand about 1 minute or until liquid is absorbed. Whip with fork until smooth.
- Spread about 3 cups of the potatoes in baking dish. Top with corned beef.
- Spread sauerkraut over corned beef and sprinkle with 2 teaspoons caraway seed, if desired. Spoon remaining potatoes over top; spread gently.
- Sprinkle potatoes with cheese and remaining caraway seed.
- Bake uncovered about 20 minutes or until cheese is light golden brown.

## Nutrition Facts



## Properties

Glycemic Index:19.88, Glycemic Load:4.25, Inflammation Score:-6, Nutrition Score:15.679565357125%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

## Nutrients (% of daily need)

Calories: 327.05kcal (16.35%), Fat: 22.8g (35.07%), Saturated Fat: 8.84g (55.28%), Carbohydrates: 17.03g (5.68%), Net Carbohydrates: 14.35g (5.22%), Sugar: 4.05g (4.5%), Cholesterol: 44.31mg (14.77%), Sodium: 825.88mg

(35.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.27g (30.53%), Calcium: 400.87mg (40.09%), Manganese: 0.66mg (33.22%), Phosphorus: 305.95mg (30.59%), Vitamin B6: 0.6mg (29.75%), Vitamin C: 23.92mg (29%), Selenium: 19.3µg (27.56%), Vitamin B12: 1.49µg (24.85%), Zinc: 2.61mg (17.37%), Vitamin B2: 0.24mg (14.18%), Vitamin A: 672.86IU (13.46%), Vitamin B1: 0.18mg (11.84%), Potassium: 397.14mg (11.35%), Iron: 1.95mg (10.86%), Copper: 0.22mg (10.78%), Fiber: 2.68g (10.72%), Vitamin K: 10.4µg (9.9%), Magnesium: 38.08mg (9.52%), Vitamin B5: 0.67mg (6.73%), Vitamin B3: 1.21mg (6.07%), Vitamin E: 0.77mg (5.11%), Folate: 17.27µg (4.32%), Vitamin D: 0.5µg (3.36%)