



## Reuben Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



427 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 0.3 cup butter
- 4 teaspoons caraway seeds
- 6 ounces corned beef ribs sliced cut into 1/2-inch pieces
- 1.5 cups milk
- 9.4 oz roasted garlic mashed
- 14.5 ounces sauerkraut rinsed drained well canned
- 8 ounces swiss cheese shredded
- 8 servings thousand island dressing

- 4 cups water
- 1 tablespoon mustard yellow

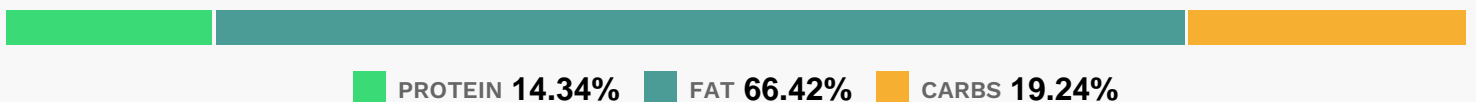
## Equipment

- sauce pan
- oven
- baking pan

## Directions

- Heat oven to 350F. 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:-7, Nutrition Score:18.227391294811%

## 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: 426.54kcal (21.33%), Fat: 32.01g (49.25%), Saturated Fat: 10.18g (63.63%), Carbohydrates: 20.86g (6.95%), Net Carbohydrates: 17.97g (6.54%), Sugar: 8.04g (8.93%), Cholesterol: 51.14mg (17.05%), Sodium:

1078.4mg (46.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.55g (31.1%), Calcium: 405.34mg (40.53%), Vitamin B1: 0.56mg (37.04%), Manganese: 0.67mg (33.74%), Phosphorus: 313.03mg (31.3%), Vitamin B6: 0.6mg (29.75%), Vitamin C: 23.92mg (29%), Selenium: 19.69µg (28.13%), Vitamin K: 28.54µg (27.18%), Vitamin B12: 1.49µg (24.85%), Zinc: 2.67mg (17.82%), Vitamin B2: 0.26mg (15.08%), Vitamin A: 728.25IU (14.56%), Iron: 2.26mg (12.58%), Potassium: 425.22mg (12.15%), Vitamin E: 1.82mg (12.11%), Fiber: 2.89g (11.56%), Copper: 0.22mg (10.78%), Magnesium: 40.18mg (10.04%), Vitamin B5: 0.67mg (6.73%), Vitamin B3: 1.32mg (6.62%), Folate: 17.27µg (4.32%), Vitamin D: 0.5µg (3.36%)