



## Reuben Classic

READY IN



45 min.

SERVINGS



4

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup butter softened
- 0.8 pound corned beef ribs thinly sliced
- 2 tablespoons dijon mustard
- 1 ounce rye bread without caraway seeds
- 8 ounce sauerkraut drained canned
- 0.5 cup commercial russian dressing
- 4 ounce swiss cheese

## Equipment

frying pan

## Directions

- Spread 2 tablespoons Russian dressing on one side of each of 4 slices of bread.
- Place 1 cheese slice on each bread slice. Divide sauerkraut and corned beef among sandwiches.
- Spread mustard on remaining 4 slices of bread, and place on top of sandwiches, mustard side down.
- Spread half of butter evenly on tops of sandwiches; place sandwiches on a hot griddle or skillet, buttered side down. Cook until bread is golden.
- Spread remaining butter evenly on ungrilled sides of sandwiches; turn carefully, and cook until bread is golden and cheese is slightly melted.
- Serve immediately.

## Nutrition Facts

**PROTEIN 16.21%** **FAT 73.61%** **CARBS 10.18%**

## Properties

Glycemic Index:48.33, Glycemic Load:1.97, Inflammation Score:-6, Nutrition Score:17.460434685583%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 541.49kcal (27.07%), Fat: 44.31g (68.18%), Saturated Fat: 18.23g (113.91%), Carbohydrates: 13.78g (4.59%), Net Carbohydrates: 11.41g (4.15%), Sugar: 8.02g (8.91%), Cholesterol: 115.61mg (38.54%), Sodium: 1944.36mg (84.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.96g (43.93%), Selenium: 31.41µg (44.88%), Vitamin B12: 2.42µg (40.37%), Vitamin C: 31.54mg (38.23%), Phosphorus: 307.06mg (30.71%), Calcium: 291.39mg (29.14%), Vitamin K: 29.61µg (28.2%), Zinc: 3.96mg (26.41%), Vitamin B3: 3.55mg (17.74%), Vitamin B6: 0.35mg (17.66%), Vitamin B2: 0.28mg (16.62%), Iron: 2.73mg (15.19%), Vitamin A: 625.56IU (12.51%), Potassium: 406.47mg (11.61%), Manganese: 0.23mg (11.37%), Vitamin E: 1.59mg (10.61%), Fiber: 2.38g (9.51%), Copper: 0.19mg (9.28%), Magnesium: 36.29mg (9.07%), Vitamin B5: 0.77mg (7.69%), Folate: 30.41µg (7.6%), Vitamin B1: 0.11mg (7.19%)