



## Reuben Cracker Topper

READY IN



10 min.

SERVINGS



10

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 slices oscar mayer deli ham smoked fresh cut in half
- 12 woven rye crackers
- 0.3 cup claussen sauerkraut drained
- 3 big aged swiss cheese cut into quarters kraft

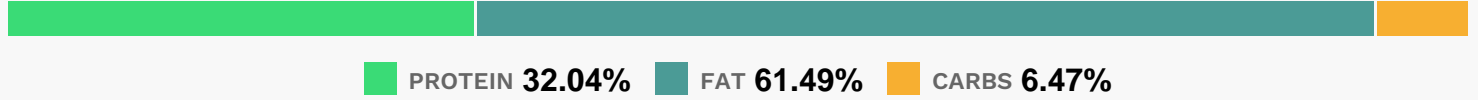
### Equipment

- microwave

### Directions

- Place crackers in single layer on microwaveable plate. Top each cracker with 1 ham piece, 1tsp. sauerkraut and 1 cheese piece.
- Microwave on HIGH 30 to 45 sec. or until cheese is melted.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:5.9, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.8786956408749%

## Nutrients (% of daily need)

Calories: 65.43kcal (3.27%), Fat: 4.44g (6.82%), Saturated Fat: 1.94g (12.11%), Carbohydrates: 1.05g (0.35%), Net Carbohydrates: 0.68g (0.25%), Sugar: 0.08g (0.08%), Cholesterol: 15.16mg (5.05%), Sodium: 232.33mg (10.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.4%), Selenium: 5.98µg (8.55%), Phosphorus: 73.52mg (7.35%), Vitamin B1: 0.11mg (7.06%), Calcium: 48.3mg (4.83%), Zinc: 0.69mg (4.58%), Manganese: 0.09mg (4.42%), Vitamin B12: 0.26µg (4.36%), Vitamin B3: 0.82mg (4.12%), Vitamin B6: 0.08mg (3.84%), Vitamin B2: 0.06mg (3.35%), Magnesium: 8.31mg (2.08%), Potassium: 66.46mg (1.9%), Iron: 0.28mg (1.57%), Fiber: 0.37g (1.5%), Copper: 0.03mg (1.41%), Vitamin B5: 0.12mg (1.2%)