

## Reuben Dip



Gluten Free



Popular

READY IN



30 min.

SERVINGS



10

CALORIES



355 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 8 ounces corned beef ribs shredded
- ☐ 0.5 cup mayonnaise
- ☐ 16 ounces sauerkraut dry rinsed
- ☐ 16 ounces swiss cheese shredded
- ☐ 0.5 cup thousand island dressing

## Equipment

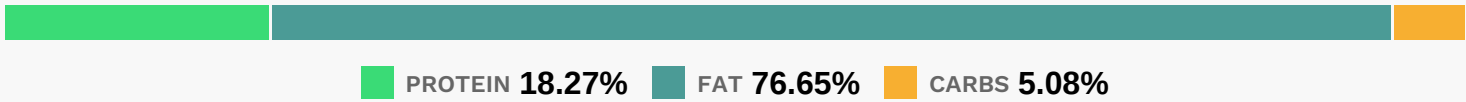
- ☐ bowl
- ☐ oven

☐ baking pan

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a small bowl, combine mayonnaise and dressing.
- ☐ Spread sauerkraut into a 9x13-inch baking dish.
- ☐ Layer corned beef, Swiss cheese, and the mayonnaise–dressing mixture on top of the sauerkraut.
- ☐ Bake for 20 to 25 minutes.

## Nutrition Facts



## Properties

Glycemic Index:10.9, Glycemic Load:0.41, Inflammation Score:–4, Nutrition Score:12.613043449495%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

## Nutrients (% of daily need)

Calories: 355.32kcal (17.77%), Fat: 30.27g (46.57%), Saturated Fat: 11.29g (70.56%), Carbohydrates: 4.52g (1.51%), Net Carbohydrates: 3.1g (1.13%), Sugar: 2.77g (3.08%), Cholesterol: 62.39mg (20.8%), Sodium: 851.12mg (37.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.23g (32.47%), Calcium: 421.91mg (42.19%), Vitamin K: 33.43μg (31.83%), Phosphorus: 301.7mg (30.17%), Vitamin B12: 1.79μg (29.78%), Selenium: 18.68μg (26.69%), Zinc: 2.76mg (18.43%), Vitamin C: 12.79mg (15.5%), Vitamin B1: 0.21mg (13.69%), Vitamin B2: 0.19mg (11.32%), Vitamin A: 418.3IU (8.37%), Vitamin E: 1.2mg (8.02%), Vitamin B6: 0.16mg (7.87%), Iron: 1.28mg (7.11%), Magnesium: 25.15mg (6.29%), Fiber: 1.42g (5.66%), Potassium: 192.29mg (5.49%), Vitamin B3: 0.97mg (4.87%), Copper: 0.09mg (4.6%), Folate: 16.66μg (4.17%), Manganese: 0.08mg (4.05%), Vitamin B5: 0.39mg (3.85%)