



WHATSheATE



Reuben Dip



Gluten Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



219 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup corned beef ribs diced shredded cooked
- ☐ 4 ounces cream cheese room temperature
- ☐ 0.3 cup sauerkraut drained
- ☐ 0.3 cup russian dressing
- ☐ 0.3 cup swiss cheese shredded

Equipment

- ☐ oven
- ☐ baking pan

Directions

☐ Mix everything, place it in a baking dish and bake in a preheated 350F oven until bubbling on the sides and golden brown on top, about 20 minutes.

Nutrition Facts



PROTEIN 10.65% **FAT 79.23%** **CARBS 10.12%**

Properties

Glycemic Index:21.5, Glycemic Load:0.49, Inflammation Score:-3, Nutrition Score:4.7226087062255%

Nutrients (% of daily need)

Calories: 218.53kcal (10.93%), Fat: 19.35g (29.77%), Saturated Fat: 8.46g (52.88%), Carbohydrates: 5.56g (1.85%), Net Carbohydrates: 5.3g (1.93%), Sugar: 4.54g (5.04%), Cholesterol: 48.94mg (16.31%), Sodium: 464.88mg (20.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.85g (11.71%), Vitamin K: 12.17µg (11.59%), Selenium: 7.96µg (11.37%), Phosphorus: 93.94mg (9.39%), Calcium: 92.63mg (9.26%), Vitamin A: 448.2IU (8.96%), Vitamin B12: 0.53µg (8.86%), Vitamin B2: 0.12mg (6.96%), Vitamin C: 5.21mg (6.32%), Zinc: 0.88mg (5.87%), Vitamin E: 0.78mg (5.19%), Vitamin B6: 0.07mg (3.71%), Vitamin B5: 0.3mg (3%), Potassium: 104.72mg (2.99%), Vitamin B3: 0.57mg (2.85%), Iron: 0.46mg (2.56%), Magnesium: 8.38mg (2.09%), Manganese: 0.04mg (1.83%), Copper: 0.04mg (1.76%), Folate: 6.62µg (1.66%), Vitamin B1: 0.02mg (1.37%), Fiber: 0.26g (1.03%)