



Reuben Fold-Overs

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup water boiling
- 0.5 cup sauerkraut drained
- 2 tablespoons thousand island dressing
- 8 oz corned beef ribs cooked thin
- 4 oz swiss cheese shredded
- 1 eggs beaten
- 1 teaspoon caraway seeds
- 2 cups frangelico

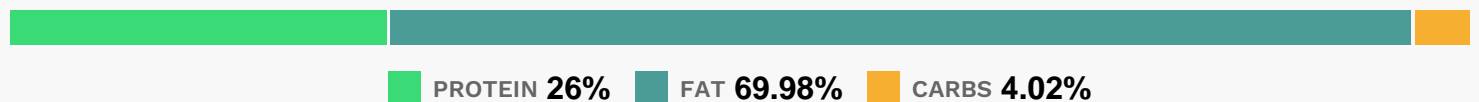
Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oven to 375°F. In medium bowl, stir Bisquick mix and boiling water until dough forms. Divide dough into fourths. In small bowl, mix sauerkraut and dressing.
- For each sandwich, place one-fourth of dough on surface sprinkled with Bisquick mix; roll in Bisquick mix to coat. Press dough into 6 1/2-inch round, 1/4 inch thick. Arrange 1/4 of the corned beef on dough to within 1/2 inch of edges, folding beef to fit if necessary. Top with 2 tablespoons of sauerkraut mixture and 1/4 cup cheese. Fold sandwich in half; press edges with tines of fork to seal.
- Place on ungreased cookie sheet.
- Brush sandwiches with egg; sprinkle with caraway seed.
- Bake 20 to 24 minutes or until crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.19, Inflammation Score:-3, Nutrition Score:11.766956764719%

Flavonoids

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

Nutrients (% of daily need)

Calories: 274.77kcal (13.74%), Fat: 21.19g (32.6%), Saturated Fat: 8.6g (53.76%), Carbohydrates: 2.74g (0.91%), Net Carbohydrates: 1.98g (0.72%), Sugar: 1.58g (1.75%), Cholesterol: 99.98mg (33.33%), Sodium: 953.95mg (41.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.71g (35.42%), Selenium: 22.97µg (32.81%), Vitamin B12: 1.96µg (32.72%), Calcium: 273.46mg (27.35%), Phosphorus: 259.39mg (25.94%), Vitamin C: 18.02mg (21.85%), Zinc: 3.08mg (20.54%), Vitamin B2: 0.24mg (13.86%), Vitamin B6: 0.23mg (11.39%), Vitamin B3: 2.18mg (10.89%), Vitamin B1: 0.15mg (10.18%), Iron: 1.62mg (9.02%), Vitamin K: 8.27µg (7.87%), Potassium: 249.19mg (7.12%), Vitamin A:

316.59IU (6.33%), Vitamin B5: 0.63mg (6.3%), Magnesium: 23.15mg (5.79%), Copper: 0.11mg (5.5%), Vitamin E: 0.64mg (4.29%), Folate: 14.87µg (3.72%), Fiber: 0.77g (3.08%), Manganese: 0.05mg (2.62%), Vitamin D: 0.22µg (1.47%)