



Reuben Mac and Cheese

READY IN



60 min.

SERVINGS



8

CALORIES



573 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 tablespoons butter melted
- 16 ounce extra wide egg noodles
- 3 tablespoons flour all-purpose
- 0.5 teaspoon ground pepper black
- 3 cups milk hot
- 1 cup onion chopped
- 0.3 cup panko bread crumbs
- 0.5 pound deli corn beef sliced to taste
- 3 slices cocktail rye bread

- 1 teaspoon salt
- 1.5 cups sauerkraut drained (reserve juice)
- 0.3 cup spicy brown mustard
- 3 cups swiss cheese shredded divided to taste

Equipment

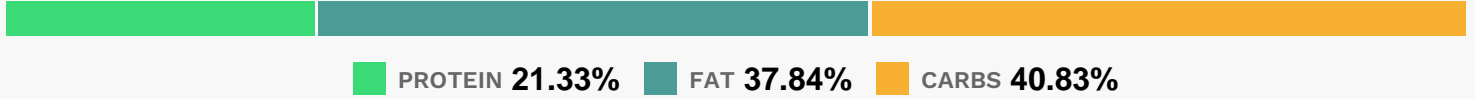
- food processor
- bowl
- sauce pan
- oven
- whisk
- pot
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C). Butter a 2-quart casserole dish.
- Place torn rye bread into a food processor and pulse several times to make crumbs; combine rye crumbs with panko crumbs in a bowl and set aside.
- Bring a large pot of lightly salted water to a boil. Cook egg noodles in the boiling water, stirring occasionally until cooked through but firm to the bite, about 5 minutes.
- Drain noodles and set aside.
- Melt 3 tablespoons butter in a large saucepan over medium heat; cook and stir onion until lightly browned, about 15 minutes. Season with salt and black pepper; stir in brown mustard.
- Remove from heat, stir in flour until smooth, and gradually whisk in milk. Sauce will thicken.
- Whisk 1 1/2 cup Swiss cheese into the sauce, stirring until the cheese has melted and the sauce is smooth. Stir sauerkraut with about 1 tablespoon of reserved juice and corned beef into the cheese sauce.
- Transfer cooked noodles to the prepared casserole dish and pour in the sauce; stir to combine.
- Sprinkle remaining 1 1/2 cup Swiss cheese in an even layer over the top.

- Bake casserole in the preheated oven until bubbling, about 20 minutes.
- Remove casserole from oven and set the oven to broil.
- Stir 3 tablespoons melted butter into the reserved rye and panko crumbs until thoroughly combined and sprinkle top of casserole with rye crumb mixture. Return to oven and broil until the crumbs are golden brown, about 2 more minutes. Watch carefully to prevent burning.

Nutrition Facts



Properties

Glycemic Index:51.17, Glycemic Load:23.53, Inflammation Score:-7, Nutrition Score:24.750869502192%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 572.76kcal (28.64%), Fat: 24.13g (37.12%), Saturated Fat: 12.93g (80.81%), Carbohydrates: 58.6g (19.53%), Net Carbohydrates: 54.36g (19.77%), Sugar: 7.53g (8.36%), Cholesterol: 123.72mg (41.24%), Sodium: 1225.83mg (53.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.61g (61.22%), Selenium: 68.76µg (98.23%), Calcium: 605.46mg (60.55%), Phosphorus: 559.39mg (55.94%), Vitamin B12: 2.38µg (39.69%), Manganese: 0.75mg (37.6%), Zinc: 4.59mg (30.61%), Vitamin B2: 0.42mg (24.56%), Vitamin C: 18.23mg (22.1%), Vitamin B3: 4.31mg (21.57%), Vitamin B6: 0.4mg (19.89%), Magnesium: 79.2mg (19.8%), Vitamin B1: 0.29mg (19.54%), Fiber: 4.23g (16.94%), Iron: 2.89mg (16.05%), Potassium: 500.67mg (14.3%), Copper: 0.28mg (14.1%), Folate: 54.6µg (13.65%), Vitamin A: 662.97IU (13.26%), Vitamin B5: 1.28mg (12.76%), Vitamin D: 1.18µg (7.84%), Vitamin K: 5.67µg (5.4%), Vitamin E: 0.73mg (4.89%)