



Reuben Mac n Cheese

READY IN



35 min.

SERVINGS



6

CALORIES



793 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 tablespoons butter plus some for buttering toast
- 1 pound pasta
- 1 cup cheddar shredded yellow
- 0.8 pound deli corned beef thick sliced chopped
- 3 tablespoons flour all-purpose
- 1 cup gruyere cheese shredded
- 2 cups milk
- 1 teaspoon paprika
- 1 handful parsley leaves fresh

- 2 slices cocktail rye bread
- 6 servings salt
- 1 pound sauerkraut rinsed drained well
- 0.3 cup spicy brown deli mustard (recommended: Gulden's)
- 1 cup swiss cheese shredded

Equipment

- food processor
- whisk
- pot
- broiler
- toaster

Directions

- Bring a large pot of water to a boil for the pasta. Salt water and cook pasta to al dente.
- While pasta cooks, toast rye bread in toaster then butter hot bread. Coarsely chop bread and place in food processor.
- Add parsley and paprika to bread and process into bread crumbs, reserve.
- Heat a sauce pot over medium heat.
- Add butter to pot and melt, whisk in flour 1 minute then milk. Season the sauce with salt and pepper, thicken sauce 5 to 6 minutes then stir in mustard. Melt 2/3 of the combined cheeses into the sauce.
- Preheat broiler.
- Drain pasta and return to hot pot. Toss hot pasta with chopped meat and sauerkraut to combine, stir in cheese sauce and coat.
- Transfer mac n cheese to casserole and top with bread crumbs and remaining cheese. Brown under broiler 3 to 4 minutes, serve.

Nutrition Facts



■ PROTEIN 19.85% ■ FAT 43.12% ■ CARBS 37.03%

Properties

Glycemic Index:70.39, Glycemic Load:29.16, Inflammation Score:-8, Nutrition Score:30.009999938633%

Flavonoids

Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 793.31kcal (39.67%), Fat: 37.85g (58.23%), Saturated Fat: 19.18g (119.9%), Carbohydrates: 73.15g (24.38%), Net Carbohydrates: 67.23g (24.45%), Sugar: 8.03g (8.92%), Cholesterol: 115.2mg (38.4%), Sodium: 1956.65mg (85.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.2g (78.41%), Selenium: 82.67µg (118.11%), Calcium: 676.48mg (67.65%), Phosphorus: 660.86mg (66.09%), Manganese: 0.99mg (49.61%), Vitamin B12: 2.56µg (42.59%), Zinc: 5.74mg (38.25%), Vitamin C: 27.4mg (33.21%), Vitamin B2: 0.53mg (31.2%), Magnesium: 97.68mg (24.42%), Vitamin B6: 0.49mg (24.39%), Fiber: 5.92g (23.66%), Vitamin K: 23.43µg (22.32%), Vitamin A: 1095.42IU (21.91%), Iron: 3.9mg (21.66%), Vitamin B3: 4.33mg (21.64%), Copper: 0.41mg (20.62%), Potassium: 682.9mg (19.51%), Vitamin B1: 0.27mg (18.12%), Folate: 63.07µg (15.77%), Vitamin B5: 1.41mg (14.15%), Vitamin D: 1.14µg (7.6%), Vitamin E: 0.88mg (5.86%)