



Reuben Meatball Sliders

 Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



405 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup island dressing
- ☐ 0.5 teaspoon pepper black crushed
- ☐ 1 teaspoon caraway seeds
- ☐ 2 large eggs
- ☐ 2 pounds ground beef
- ☐ 0.5 cup parsley leaves chopped
- ☐ 0.5 cup cocktail rye bread toasted fine
- ☐ 1 teaspoon salt

- ☐ 2 cups sauerkraut drained
- ☐ 12 slider buns
- ☐ 1 cup swiss shredded
- ☐ 1 tablespoon vegetable oil

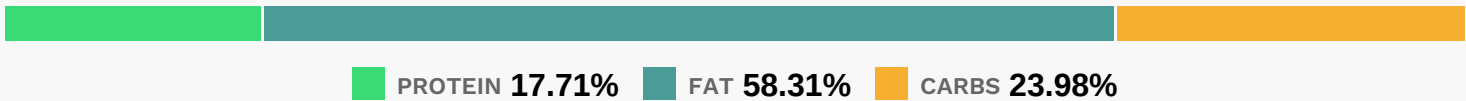
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ skewers

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Mix the beef, cheese, breadcrumbs, caraway seeds, salt, pepper, eggs and parsley in a bowl until uniform but not overworked. Scoop out a 1/4 cup of the mix and roll into a ball. Repeat to use all of the meat.
- ☐ Heat a cast-iron skillet over medium heat add the oil. Fry the first side of the meatballs, in batches if necessary, until golden and crusty, 7 to 8 minutes. Flip and place in the oven to finish cooking, until no longer pink in the middle, 10 to 15 more minutes.
- ☐ Heat the kraut in a small saucepot and mix in the 1000 island.
- ☐ Place a meatball on the bottom slider bun, top with the kraut/sauce mixture, top and skewer. Enjoy with all your closest and most respected friends.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:15.144347963126%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 404.92kcal (20.25%), Fat: 25.94g (39.91%), Saturated Fat: 7.36g (46.02%), Carbohydrates: 24g (8%), Net Carbohydrates: 21.47g (7.81%), Sugar: 6.44g (7.15%), Cholesterol: 90.09mg (30.03%), Sodium: 653.9mg (28.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.73g (35.46%), Vitamin K: 87.28µg (83.12%), Vitamin B12: 1.71µg (28.46%), Vitamin B1: 0.39mg (25.89%), Zinc: 3.48mg (23.2%), Selenium: 15.54µg (22.2%), Iron: 3.55mg (19.73%), Vitamin B3: 3.67mg (18.36%), Phosphorus: 157.64mg (15.76%), Vitamin B6: 0.3mg (15.03%), Vitamin B2: 0.19mg (11.25%), Fiber: 2.53g (10.12%), Vitamin A: 488.36IU (9.77%), Vitamin E: 1.44mg (9.6%), Vitamin C: 7.74mg (9.38%), Potassium: 315.58mg (9.02%), Calcium: 68.27mg (6.83%), Magnesium: 24.79mg (6.2%), Manganese: 0.12mg (6.18%), Folate: 23.95µg (5.99%), Vitamin B5: 0.57mg (5.7%), Copper: 0.1mg (4.91%), Vitamin D: 0.24µg (1.62%)