



Reuben Pinwheels

READY IN



24 min.

SERVINGS



16

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon caraway seeds
- 3 ounces deli corned beef thin
- 8 ounce crescent dinner roll dough refrigerated reduced-fat canned
- 0.5 cup sauerkraut shredded dry canned drained
- 3.2 ounce swiss cheese

Equipment

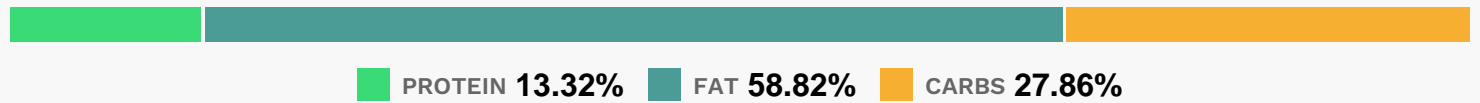
- frying pan
- baking sheet

- oven
- serrated knife

Directions

- Preheat oven to 37
- Unroll dough onto a baking sheet coated with cooking spray; separate dough into 4 rectangles, gently pressing perforations down center of rectangles to seal.
- Layer 1 slice corned beef, 1 slice cheese, and 2 tablespoons sauerkraut on each rectangle; sprinkle each with 1/8 teaspoon caraway seeds.
- Roll up each rectangle, starting with a short edge, pressing firmly to eliminate air pockets; pinch seam to seal. Using a serrated knife, cut each roll evenly into 4 slices.
- Place slices, cut sides up, on pan; flatten slightly with hand.
- Bake at 375 for 14 minutes or until golden and slightly puffed. Cool on pan 2 minutes.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:3.69, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.5343478309072%

Nutrients (% of daily need)

Calories: 83.47kcal (4.17%), Fat: 5.61g (8.63%), Saturated Fat: 2.56g (16.01%), Carbohydrates: 5.98g (1.99%), Net Carbohydrates: 5.83g (2.12%), Sugar: 1.5g (1.66%), Cholesterol: 8.14mg (2.71%), Sodium: 215.79mg (9.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.72%), Calcium: 52.6mg (5.26%), Vitamin B12: 0.27µg (4.43%), Phosphorus: 40.01mg (4%), Selenium: 2.75µg (3.93%), Zinc: 0.41mg (2.74%), Vitamin C: 2.1mg (2.55%), Iron: 0.35mg (1.95%), Vitamin B2: 0.03mg (1.57%), Vitamin B6: 0.03mg (1.27%), Vitamin B3: 0.21mg (1.03%)