



Reuben Pizza

READY IN



60 min.

SERVINGS



8

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound bread whole wheat frozen thawed
- 0.5 teaspoon caraway seeds
- 6 ounces corned beef ribs sliced cut into strips
- 1 cup sauerkraut rinsed drained
- 2 cups swiss cheese shredded
- 0.5 cup thousand island dressing

Equipment

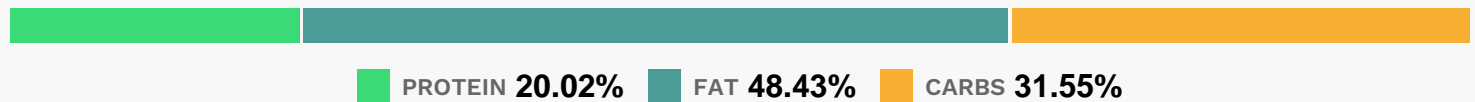
- oven

pizza pan

Directions

- Preheat the oven to 375 degrees F (190 degrees C). Grease a large pizza pan. On a lightly floured surface, roll the bread dough out into a large circle about 14 inches across.
- Transfer to the prepared pizza pan. Build up the edges, and prick the center all over with a fork so it doesn't form a dome when baking .
- Bake for 20 to 25 minutes in the preheated oven, or until golden.
- Spread half of the salad dressing over the hot crust.
- Sprinkle with half of the Swiss cheese. Arrange corned beef over the cheese, then drizzle with the remaining salad dressing. Top with sauerkraut and remaining Swiss cheese.
- Sprinkle with caraway seed.
- Bake for another 10 minutes in the preheated oven, until cheese melts and toppings are heated through.
- Sprinkle with chopped pickle.
- Let stand for 5 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:16.09, Glycemic Load:14.84, Inflammation Score:-5, Nutrition Score:17.086956687596%

Flavonoids

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

Nutrients (% of daily need)

Calories: 355.23kcal (17.76%), Fat: 19.08g (29.35%), Saturated Fat: 7.14g (44.61%), Carbohydrates: 27.96g (9.32%), Net Carbohydrates: 23.87g (8.68%), Sugar: 5.19g (5.77%), Cholesterol: 40.65mg (13.55%), Sodium: 831.52mg (36.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.74g (35.48%), Manganese: 1.25mg (62.54%), Selenium: 27.15µg (38.79%), Calcium: 343.05mg (34.31%), Vitamin B1: 0.46mg (30.87%), Phosphorus: 308.54mg (30.85%), Vitamin B12: 1.19µg (19.9%), Zinc: 2.87mg (19.1%), Vitamin K: 17.9µg (17.05%), Vitamin B3: 3.4mg (17.01%), Fiber: 4.09g (16.36%), Magnesium: 59.42mg (14.86%), Vitamin B2: 0.22mg (13.1%), Iron: 2.31mg (12.84%), Vitamin B6: 0.23mg (11.33%), Vitamin C: 8.38mg (10.15%), Copper: 0.18mg (9.12%), Folate: 31.58µg (7.89%), Potassium:

272.65mg (7.79%), Vitamin E: 1.12mg (7.47%), Vitamin B5: 0.64mg (6.42%), Vitamin A: 262.42IU (5.25%)