



## Reuben Pizza

READY IN



45 min.

SERVINGS



8

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon caraway seeds
- 12 ounces corned beef ribs thinly sliced
- 14 ounce prebaked pizza crust italian
- 1.5 cups sauerkraut drained
- 1.5 cups swiss cheese shredded
- 0.5 cup thousand island dressing

### Equipment

- baking sheet

oven

## Directions

Place pizza crust on a baking sheet.

Spread dressing evenly over pizza crust; top evenly with corned beef slices and sauerkraut.

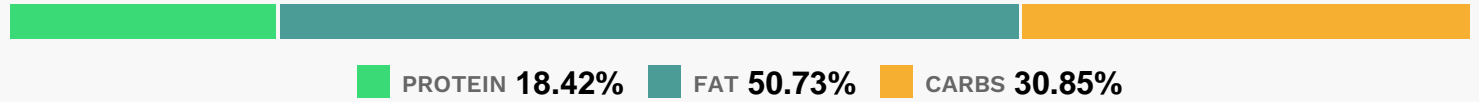
Sprinkle evenly with shredded Swiss cheese and caraway seeds.

Bake pizza at 450 for 20 minutes or until cheese melts. Top with pickles, if desired, and serve immediately.

\*Deli ham may be substituted for corned beef.

Note: For testing purposes only, we used a Boboli pizza crust.

## Nutrition Facts



## Properties

Glycemic Index:7.38, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:10.005652147791%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 364.19kcal (18.21%), Fat: 20.42g (31.42%), Saturated Fat: 7.63g (47.68%), Carbohydrates: 27.95g (9.32%), Net Carbohydrates: 26.21g (9.53%), Sugar: 3.6g (4%), Cholesterol: 45.86mg (15.29%), Sodium: 1144.42mg (49.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.68g (33.36%), Calcium: 240.66mg (24.07%), Vitamin B12: 1.37µg (22.81%), Selenium: 14.6µg (20.86%), Vitamin C: 15.45mg (18.72%), Phosphorus: 176.95mg (17.7%), Vitamin B1: 0.25mg (16.8%), Iron: 2.71mg (15.06%), Zinc: 2.2mg (14.68%), Vitamin K: 14.54µg (13.85%), Vitamin B6: 0.17mg (8.65%), Vitamin B2: 0.14mg (8.47%), Vitamin B3: 1.68mg (8.4%), Fiber: 1.74g (6.97%), Potassium: 206.03mg (5.89%), Vitamin E: 0.79mg (5.27%), Magnesium: 17.99mg (4.5%), Copper: 0.08mg (4.21%), Vitamin A: 206.74IU (4.13%), Vitamin B5: 0.35mg (3.54%), Manganese: 0.06mg (2.96%), Folate: 10.36µg (2.59%)