

Reuben Quesadillas



Gluten Free



Popular

READY IN



15 min.

SERVINGS



1

CALORIES



617 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup sauerkraut drained
- ☐ 0.5 cup swiss cheese shredded
- ☐ 0.5 tablespoon thousand islands dressing
- ☐ 2 8-inch tortillas ()
- ☐ 0.3 cup warm shredded cooked chopped

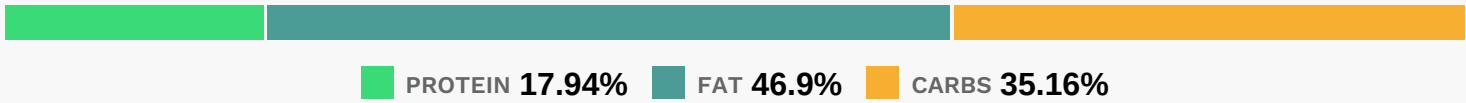
Equipment

- ☐ frying pan

Directions

- ☐ Melt a touch of butter in a pan over medium heat.
- ☐ Place a tortilla into the pan, swirl it around in the butter, set it aside and repeat with the second tortilla leaving it in the pan.
- ☐ Sprinkle half of the cheese on the tortilla followed by the corned beef, sauerkraut, russian dressing, the remaining cheese and finally the other tortilla.Cook until the quesadilla is golden brown on both sides and the cheese is melted, about 2-4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:93, Glycemic Load:16.28, Inflammation Score:-6, Nutrition Score:23.669565470322%

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: 617.34kcal (30.87%), Fat: 31.96g (49.16%), Saturated Fat: 14.56g (91.01%), Carbohydrates: 53.89g (17.96%), Net Carbohydrates: 49.23g (17.9%), Sugar: 5.63g (6.26%), Cholesterol: 67.56mg (22.52%), Sodium: 1506.04mg (65.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.5g (55%), Calcium: 643.51mg (64.35%), Selenium: 44.7µg (63.86%), Phosphorus: 562.39mg (56.24%), Vitamin B1: 0.65mg (43.59%), Vitamin B12: 2.13µg (35.56%), Vitamin B2: 0.51mg (29.89%), Manganese: 0.57mg (28.45%), Vitamin B3: 5.66mg (28.29%), Folate: 110.67µg (27.67%), Iron: 4.87mg (27.04%), Zinc: 3.79mg (25.29%), Fiber: 4.66g (18.65%), Vitamin K: 18.24µg (17.37%), Vitamin C: 12.85mg (15.57%), Magnesium: 49.47mg (12.37%), Vitamin B6: 0.23mg (11.3%), Copper: 0.2mg (9.83%), Vitamin A: 471.47IU (9.43%), Potassium: 318.65mg (9.1%), Vitamin B5: 0.59mg (5.93%), Vitamin E: 0.69mg (4.62%)