



Reuben Quiche

 Popular

READY IN



50 min.

SERVINGS



6

CALORIES



367 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 1.5 cup corned beef ribs shredded cut into small pieces or
- ☐ 4 eggs
- ☐ 1 cup half and half
- ☐ 2 cups rye bread crumbs
- ☐ 0.5 cup sauerkraut dry well
- ☐ 1 cup swiss shredded
- ☐ 2 tablespoon thousand islands dressing for serving

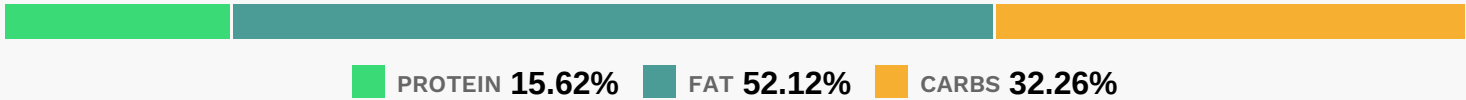
Equipment

☐ oven

Directions

- ☐ Mix the rye bread crumbs, swiss and butter, press into the bottom of a pie plate, about 1/8 inch thick and bake in a preheated 450F oven until the edges and bottom just start turning golden brown, about 5–7 minutes.
- ☐ Mix the corned beef, sauerkraut, swiss, eggs, half and half and dressing and pour into crust and bake in a preheated 375F oven until golden brown on top and set in the center, about 25–35 minutes.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.1, Inflammation Score:–6, Nutrition Score:16.266521713008%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 366.71kcal (18.34%), Fat: 21.12g (32.5%), Saturated Fat: 9.4g (58.74%), Carbohydrates: 29.41g (9.8%), Net Carbohydrates: 27.31g (9.93%), Sugar: 5.1g (5.66%), Cholesterol: 154.93mg (51.64%), Sodium: 860.89mg (37.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.24g (28.49%), Vitamin K: 58.5µg (55.72%), Selenium: 25.01µg (35.73%), Vitamin B1: 0.47mg (31.08%), Vitamin B2: 0.42mg (24.42%), Phosphorus: 197.1mg (19.71%), Manganese: 0.39mg (19.35%), Vitamin B3: 3.55mg (17.77%), Iron: 3.1mg (17.2%), Vitamin A: 856.45IU (17.13%), Vitamin B12: 0.98µg (16.31%), Folate: 58.82µg (14.7%), Vitamin C: 11.53mg (13.98%), Calcium: 136.64mg (13.66%), Zinc: 1.93mg (12.85%), Vitamin B6: 0.22mg (10.85%), Vitamin B5: 0.95mg (9.55%), Potassium: 298.43mg (8.53%), Magnesium: 33.95mg (8.49%), Copper: 0.17mg (8.49%), Fiber: 2.1g (8.41%), Vitamin E: 0.94mg (6.29%), Vitamin D: 0.59µg (3.91%)