



Reuben Roll-Up

READY IN



45 min.

SERVINGS



4

CALORIES



220 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups cabbage thinly sliced
- ☐ 1 teaspoon caraway seeds
- ☐ 6 ounces corned beef ribs lean thinly sliced
- ☐ 1 ounce pumpernickel-rye bread
- ☐ 2.7 ounce process swiss cheese low-fat cut in half
- ☐ 0.3 cup thousand island dressing fat-free

Equipment

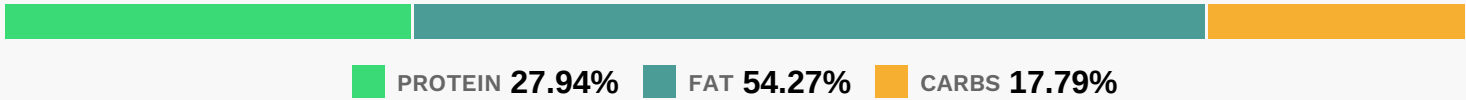
- ☐ bowl

- ☐ frying pan
- ☐ rolling pin
- ☐ tongs

Directions

- ☐ Combine first 3 ingredients in a bowl; toss well, and set aside.
- ☐ Place 2 bread slices on work surface with flat, bottom crusts together and overlapping slightly. Flatten bread slices to 1/8-inch thickness, using a rolling pin, seaming 2 bread slices together (cover bread to keep from drying). Repeat procedure 3 times with remaining 6 bread slices.
- ☐ Divide corned beef evenly among bread. Divide cheese slices evenly over corned beef, and spread cabbage mixture evenly over cheese slices. Beginning with 1 long edge, roll up each sandwich, jelly-roll fashion, so seam of bread is in the middle of each sandwich (secure with wooden picks, if necessary).
- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Place 2 sandwiches in skillet; cook until lightly browned on all sides, gently turning with tongs.

Nutrition Facts



Properties

Glycemic Index:30.83, Glycemic Load:2.41, Inflammation Score:-3, Nutrition Score:9.7600000060123%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 219.8kcal (10.99%), Fat: 13.6g (20.92%), Saturated Fat: 5.06g (31.61%), Carbohydrates: 10.03g (3.34%), Net Carbohydrates: 7.99g (2.91%), Sugar: 4.33g (4.81%), Cholesterol: 44.42mg (14.81%), Sodium: 510.92mg (22.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.76g (31.51%), Vitamin K: 51.05µg (48.62%), Vitamin C: 19.35mg (23.45%), Calcium: 215.66mg (21.57%), Vitamin B1: 0.29mg (19.45%), Phosphorus: 138.05mg (13.81%), Selenium: 8.33µg (11.9%), Vitamin B12: 0.57µg (9.51%), Iron: 1.56mg (8.66%), Fiber: 2.04g (8.15%), Folate: 32.12µg (8.03%), Manganese: 0.16mg (7.8%), Zinc: 1.07mg (7.13%), Vitamin B2: 0.11mg (6.65%), Vitamin E: 0.85mg (5.69%),

Vitamin A: 243.6IU (4.87%), Magnesium: 17.91mg (4.48%), Vitamin B6: 0.09mg (4.27%), Potassium: 137.91mg (3.94%), Vitamin B3: 0.49mg (2.43%), Vitamin B5: 0.22mg (2.24%), Copper: 0.04mg (1.83%)