



Reuben Sandwich

READY IN



18 min.

SERVINGS



4

CALORIES



202 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon chili sauce
- 2 teaspoons dill pickle finely minced
- 4 ounces lower-sodium corned beef thinly sliced
- 0.3 cup canola mayonnaise
- 0.5 teaspoon onion grated
- 0.8 ounce cocktail rye bread
- 1 cup sauerkraut organic drained well
- 0.8 cup swiss cheese shaved
- 1 teaspoon worcestershire sauce


Equipment

- bowl
- baking sheet
- broiler

Directions

- Preheat broiler.
- To prepare dressing, combine first 5 ingredients in a small bowl, stirring well.
- To prepare sandwiches, place bread slices in a single layer on a heavy baking sheet. Broil bread 1 1/2 minutes or until toasted. Turn bread over; broil 1 minute or until lightly toasted.
- Remove 4 slices. Divide cheese evenly among remaining 4 slices, sprinkling it over lightly toasted sides. Broil 1 minute or until cheese melts.
- Spread about 1 1/2 tablespoons dressing over the cheese-coated side of each bread slice; top each serving with 1 ounce corned beef, 1/4 cup sauerkraut, and remaining bread slices.
- Serve immediately.
- Lighten Up A lower-sodium Reuben Thin slices of rye, low-sodium corned beef, and a prudent amount of well-drained sauerkraut all contribute to a healthier variation that saves you 200 calories, 15 grams of fat, and 600 milligrams of sodium.

Nutrition Facts


PROTEIN 13.71% **FAT 75.34%** **CARBS 10.95%**

Properties

Glycemic Index:47.08, Glycemic Load:1.46, Inflammation Score:-3, Nutrition Score:6.6826086640358%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 202.07kcal (10.1%), Fat: 17g (26.15%), Saturated Fat: 5.37g (33.58%), Carbohydrates: 5.56g (1.85%), Net Carbohydrates: 4.1g (1.49%), Sugar: 1.61g (1.79%), Cholesterol: 24.71mg (8.24%), Sodium: 534.72mg (23.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.96g (13.92%), Vitamin K: 28.41µg (27.05%), Calcium: 199.62mg (19.96%), Phosphorus: 136.24mg (13.62%), Selenium: 8.32µg (11.89%), Vitamin B12: 0.63µg (10.47%), Vitamin C: 6.11mg (7.4%), Zinc: 1.05mg (6.97%), Fiber: 1.46g (5.83%), Vitamin B2: 0.1mg (5.63%), Manganese: 0.1mg (5.04%), Potassium: 172.05mg (4.92%), Vitamin E: 0.72mg (4.83%), Iron: 0.84mg (4.69%), Folate: 17.59µg (4.4%), Vitamin A: 215.14IU (4.3%), Vitamin B6: 0.07mg (3.63%), Magnesium: 14.41mg (3.6%), Copper: 0.06mg (3.24%), Vitamin B1: 0.04mg (2.66%), Vitamin B5: 0.17mg (1.69%), Vitamin B3: 0.34mg (1.69%)