



Reuben Sandwich

 Popular

READY IN



15 min.

SERVINGS



4

CALORIES



728 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 Tbsp butter softened
- ☐ 8 slices cocktail rye bread
- ☐ 8 slices swiss cheese
- ☐ 0.8 lb corned beef brisket thinly sliced
- ☐ 0.5 lb sauerkraut
- ☐ 0.3 cup russian dressing
- ☐ 0.3 cup mayonnaise
- ☐ 1.5 Tbsp catsup

- ☐ 1.5 teaspoons horseradish prepared
- ☐ 0.5 teaspoon worcestershire sauce
- ☐ 4 servings salt to taste
- ☐ 4 servings pepper black freshly ground to taste

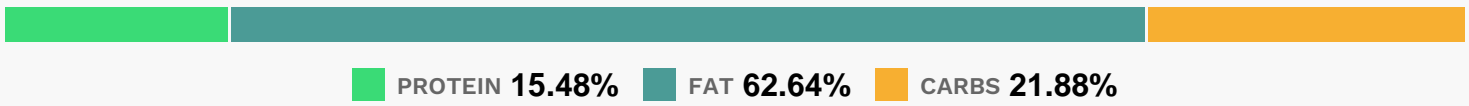
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ wax paper
- ☐ spatula

Directions

- ☐ Butter one side of four slices of bread, and place the slices buttered-side down on a large piece of wax paper on a flat surface. Top each with a slice of Swiss cheese, and then divide half of the corned beef among them.
- ☐ Using paper towels, squeeze out excess moisture from the sauerkraut. Divide the sauerkraut among the sandwiches, and top each with one tablespoon of Russian dressing.
- ☐ Add another layer of corned beef and a second slice of Swiss cheese to each sandwich. Top with the remaining bread slices; butter the side facing out.
- ☐ Preheat a griddle or frying pan to medium heat. Cook the sandwiches on one side until the bread is golden brown. Use a spatula to carefully flip the sandwiches over and finish cooking on the second side.
- ☐ Cut the sandwiches in half before serving.
- ☐ Serve with a side of coleslaw.

Nutrition Facts



Properties

Glycemic Index:69.58, Glycemic Load:14.74, Inflammation Score:-7, Nutrition Score:25.679999973463%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 727.68kcal (36.38%), Fat: 50.54g (77.75%), Saturated Fat: 17.3g (108.14%), Carbohydrates: 39.72g (13.24%), Net Carbohydrates: 34.26g (12.46%), Sugar: 8.48g (9.42%), Cholesterol: 107.06mg (35.69%), Sodium: 2424.9mg (105.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.09g (56.18%), Selenium: 47.87µg (68.38%), Vitamin K: 50.25µg (47.86%), Vitamin B12: 2.59µg (43.15%), Phosphorus: 401.04mg (40.1%), Vitamin C: 32.47mg (39.36%), Calcium: 380.26mg (38.03%), Manganese: 0.67mg (33.59%), Zinc: 4.84mg (32.24%), Vitamin B2: 0.49mg (28.83%), Vitamin B3: 5.76mg (28.82%), Iron: 4.3mg (23.89%), Folate: 94.81µg (23.7%), Vitamin B1: 0.34mg (22.6%), Fiber: 5.46g (21.85%), Vitamin B6: 0.41mg (20.33%), Copper: 0.3mg (14.94%), Potassium: 520.16mg (14.86%), Magnesium: 58.5mg (14.63%), Vitamin E: 1.85mg (12.32%), Vitamin A: 530.17IU (10.6%), Vitamin B5: 1.03mg (10.31%)