



Reuben Sandwich I

READY IN



25 min.

SERVINGS



4

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter softened
- 8 slices cocktail rye bread
- 16 ounce sauerkraut drained canned
- 8 slices swiss cheese
- 0.8 cup thousand island dressing

Equipment

- frying pan
- grill

Directions

- Spread each slice of bread with thousand island dressing. Top 4 of the bread slices with sauerkraut, cheese and pastrami.
- Place remaining bread slices on sandwich.
- Spread margarine on the outsides of each sandwich.
- Heat a large skillet over medium high heat. Grill until browned, then turn and grill until heated through, and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:14.87, Inflammation Score:-7, Nutrition Score:22.721738981164%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 600.59kcal (30.03%), Fat: 40.68g (62.59%), Saturated Fat: 11.38g (71.14%), Carbohydrates: 43.23g (14.41%), Net Carbohydrates: 35.85g (13.04%), Sugar: 11.61g (12.9%), Cholesterol: 43.81mg (14.6%), Sodium: 1783.11mg (77.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.29g (32.58%), Vitamin B1: 0.98mg (65.45%), Vitamin K: 48.38µg (46.07%), Selenium: 31.39µg (44.85%), Calcium: 395.56mg (39.56%), Manganese: 0.72mg (35.95%), Phosphorus: 313.76mg (31.38%), Fiber: 7.38g (29.5%), Folate: 100.82µg (25.2%), Iron: 4.08mg (22.64%), Vitamin B2: 0.37mg (22.05%), Vitamin C: 16.95mg (20.55%), Vitamin E: 2.89mg (19.26%), Vitamin A: 913.48IU (18.27%), Vitamin B12: 1.04µg (17.35%), Zinc: 2.55mg (17.02%), Vitamin B3: 2.81mg (14.07%), Magnesium: 55.74mg (13.93%), Copper: 0.24mg (12.19%), Vitamin B6: 0.22mg (11.02%), Potassium: 379.27mg (10.84%), Vitamin B5: 0.54mg (5.45%)