



Reuben Sandwiches

READY IN



40 min.

SERVINGS



6

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 tablespoons thousand island dressing
- 12 slices cocktail rye bread
- 6 oz swiss cheese
- 16 oz sauerkraut drained canned
- 0.8 lb corned beef ribs cooked thinly sliced
- 0.3 cup butter softened

Equipment

- frying pan

Directions

- Spread 1 tablespoon Thousand Island Dressing over each of 6 slices bread. Top with cheese, sauerkraut and corned beef. Top with remaining bread slices.
- Spread 1 teaspoon butter over each top slice of bread.
- Place sandwiches, butter sides down, in skillet.
- Spread remaining butter over top slices of bread. Cook uncovered over low heat about 10 minutes or until bottoms are golden brown. Turn; cook about 8 minutes longer or until bottoms are golden brown and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:18.56, Glycemic Load:14.68, Inflammation Score:-7, Nutrition Score:22.062608553016%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg 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: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 532.45kcal (26.62%), Fat: 32.68g (50.28%), Saturated Fat: 10.66g (66.64%), Carbohydrates: 37.06g (12.35%), Net Carbohydrates: 31.02g (11.28%), Sugar: 6.24g (6.94%), Cholesterol: 61.14mg (20.38%), Sodium: 1871.21mg (81.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.37g (44.73%), Selenium: 39.78µg (56.82%), Vitamin B1: 0.55mg (36.83%), Calcium: 331.24mg (33.12%), Phosphorus: 330.68mg (33.07%), Manganese: 0.66mg (33.03%), Vitamin C: 26.7mg (32.36%), Vitamin B12: 1.87µg (31.25%), Zinc: 3.77mg (25.13%), Vitamin B2: 0.42mg (24.63%), Fiber: 6.03g (24.13%), Vitamin B3: 4.7mg (23.51%), Folate: 94.02µg (23.51%), Iron: 4.11mg (22.81%), Vitamin K: 22.05µg (21%), Vitamin B6: 0.33mg (16.57%), Magnesium: 54.28mg (13.57%), Copper: 0.27mg (13.37%), Potassium: 444.37mg (12.7%), Vitamin A: 625.47IU (12.51%), Vitamin E: 1.42mg (9.47%), Vitamin B5: 0.8mg (8.05%)