



## Reuben Soup

 Popular

READY IN



40 min.

SERVINGS



4

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 bay leaves
- ☐ 3 tablespoons butter
- ☐ 0.3 teaspoon caraway seeds
- ☐ 4 cups chicken stock see
- ☐ 1 cup corned beef ribs shredded cooked cut into bite sized pieces
- ☐ 2 cloves garlic chopped
- ☐ 0.3 cup flour gluten-free for (or rice flour )
- ☐ 0.5 cup heavy cream

- ☐ 1 onion diced
- ☐ 1 teaspoon pickling spices
- ☐ 0.5 teaspoon pepper flakes red to taste
- ☐ 4 slices rye dark lightly toasted
- ☐ 1 cup sauerkraut drained
- ☐ 2 cups swiss cheese shredded
- ☐ 1 tablespoon worcestershire sauce
- ☐ 2 medium yukon gold potatoes peeled cut into bite sized pieces

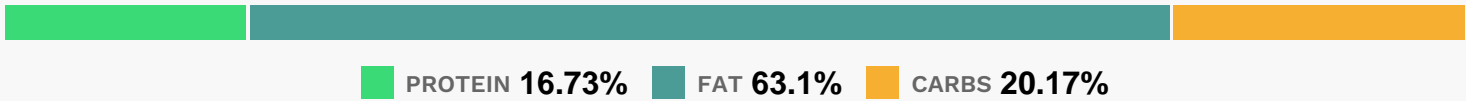
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

## Directions

- ☐ Melt the butter in a large sauce pan over medium heat, add the onion and saute until tender, about 5–7 minutes.
- ☐ Add the garlic and red pepper flakes and saute until fragrant, about 1 minute.
- ☐ Mix in the flour and cook for 2–3 minutes.
- ☐ Add the broth, deglaze the pan, add the corned beef, sauerkraut, potatoes, Worcestershire sauce, pickling spices, caraway seeds and bay leaves, bring to a boil, reduce the heat and simmer until the potatoes are tender, about 10–15 minutes.
- ☐ Add the cream, season with salt and pepper and remove the bay leaves.Divide between 4 oven-safe bowls, top with the rye and swiss and broil until the cheese melts, about 1–3 minutes.

## Nutrition Facts



## Properties

Glycemic Index:66.19, Glycemic Load:11.98, Inflammation Score:-8, Nutrition Score:20.977826222129%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg

Nutrients (% of daily need)

Calories: 578.22kcal (28.91%), Fat: 41.24g (63.45%), Saturated Fat: 23.51g (146.91%), Carbohydrates: 29.66g (9.89%), Net Carbohydrates: 25.02g (9.1%), Sugar: 5.07g (5.63%), Cholesterol: 126.37mg (42.12%), Sodium: 1691.99mg (73.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.6g (49.2%), Calcium: 559.54mg (55.95%), Phosphorus: 448.96mg (44.9%), Vitamin C: 33.07mg (40.09%), Vitamin B12: 2.25µg (37.44%), Selenium: 24.99µg (35.7%), Vitamin B2: 0.46mg (27.18%), Zinc: 3.88mg (25.85%), Vitamin A: 1245.23IU (24.9%), Vitamin B6: 0.49mg (24.53%), Manganese: 0.45mg (22.63%), Potassium: 713.04mg (20.37%), Fiber: 4.65g (18.58%), Iron: 2.69mg (14.96%), Magnesium: 58.17mg (14.54%), Vitamin B3: 2.73mg (13.64%), Copper: 0.26mg (12.91%), Vitamin B1: 0.17mg (11.51%), Folate: 36.01µg (9%), Vitamin K: 9.17µg (8.74%), Vitamin B5: 0.85mg (8.46%), Vitamin E: 1.12mg (7.44%), Vitamin D: 0.48µg (3.17%)