

Reuben Spread

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



594 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 7.5 ounce d corned beef sliced thin
- 16 ounce sauerkraut minced drained canned
- 0.8 pound swiss cheese shredded
- 16 ounce thousand island salad dressing

Equipment

- bowl
- oven
- pie form

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- In a medium bowl, mix corned beef, Swiss cheese, sauerkraut and thousand island salad dressing.
- Transfer the mixture to a 10 inch pie dish and bake in the preheated oven 30 to 45 minutes, until hot and bubbly.

Nutrition Facts

 **PROTEIN 14.83%**  **FAT 74.98%**  **CARBS 10.19%**

Properties

Glycemic Index:9.83, Glycemic Load:0.55, Inflammation Score:-6, Nutrition Score:21.792608489161%

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: 593.88kcal (29.69%), Fat: 49.5g (76.15%), Saturated Fat: 15.87g (99.18%), Carbohydrates: 15.14g (5.05%), Net Carbohydrates: 12.34g (4.49%), Sugar: 12.84g (14.26%), Cholesterol: 91.52mg (30.51%), Sodium: 1763.13mg (76.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.02g (44.05%), Vitamin B1: 1.13mg (75.06%), Vitamin K: 62.86µg (59.87%), Calcium: 542.63mg (54.26%), Phosphorus: 402.45mg (40.24%), Vitamin B12: 2.34µg (39.05%), Selenium: 25.39µg (36.27%), Zinc: 3.83mg (25.52%), Vitamin C: 20.68mg (25.07%), Vitamin E: 3.47mg (23.13%), Vitamin B2: 0.29mg (16.94%), Iron: 2.68mg (14.87%), Vitamin A: 643.72IU (12.87%), Vitamin B6: 0.24mg (12.04%), Fiber: 2.8g (11.19%), Potassium: 354.91mg (10.14%), Magnesium: 39.55mg (9.89%), Vitamin B3: 1.76mg (8.78%), Manganese: 0.15mg (7.72%), Copper: 0.14mg (6.91%), Folate: 25.02µg (6.25%), Vitamin B5: 0.52mg (5.16%)