



Reuben Style Casserole with Pastrami Meatballs, Sauerkraut and Barley

READY IN



95 min.

SERVINGS



6

CALORIES



862 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 cup breadcrumbs plain
- 4 tablespoons butter
- 1 large eggs beaten
- 2 tablespoons parsley fresh finely chopped
- 1 tablespoon sea salt
- 1.5 teaspoons ground allspice
- 12 ounces ground beef
- 1 tablespoon ground coriander

- 0.5 teaspoon ground pepper red
- 6 servings ground pepper black
- 12 ounces ground pork
- 0.3 cup catsup
- 6 servings kosher salt
- 2 large onions chopped
- 1 tablespoon paprika
- 1.3 cups pearled barley
- 1 tablespoon coarse pepper black
- 0.3 cup relish
- 1 pound sauerkraut rinsed drained
- 1 cup cup heavy whipping cream sour
- 2 cups swiss cheese grated (a 12-ounce brick)

Equipment

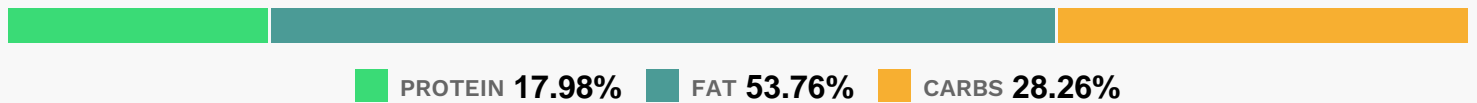
- baking sheet
- oven
- mixing bowl
- pot

Directions

- For the meatballs: Preheat the oven to 450 degrees F. In a mixing bowl, combine the beef and pork. Then add the breadcrumbs, parsley, coriander, garlic, paprika, black pepper, allspice, cayenne and egg.
- Sprinkle with salt. Form into 1 1/2-inch meatballs and arrange on a baking sheet. Spray with olive oil and bake to lightly brown, 10 to 12 minutes.
- For the casserole: Bring a medium pot of water to a boil, salt the water and cook the barley to tender, about 20 minutes.
- Drain.
- Meanwhile, melt the butter over medium heat.

- Add the onions and season with salt and pepper. Cook until golden in color and sweet, stirring frequently, 15 to 20 minutes.
- In a casserole, combine the barley, onions and sauerkraut. Top with the Swiss cheese and arrange the meatballs in the casserole. Cool and cover for a make-ahead meal.
- Combine the sour cream with the ketchup and relish. Season with salt and pepper and store in a plastic food storage bag.
- Bring the casserole to room temp. Preheat the oven to 350 degrees F and bake until the cheese is melted and the casserole is hot throughout.
- Cut the corner of the baggie, drizzle the dressing over the casserole and serve.

Nutrition Facts



Properties

Glycemic Index:49.83, Glycemic Load:1.79, Inflammation Score:-9, Nutrition Score:34.776521776033%

Flavonoids

Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 10.28mg, Quercetin: 10.28mg, Quercetin: 10.28mg, Quercetin: 10.28mg

Nutrients (% of daily need)

Calories: 861.7kcal (43.08%), Fat: 52.15g (80.24%), Saturated Fat: 24.68g (154.27%), Carbohydrates: 61.69g (20.56%), Net Carbohydrates: 50g (18.18%), Sugar: 9.01g (10.01%), Cholesterol: 188.24mg (62.75%), Sodium: 1253.28mg (54.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.24g (78.49%), Selenium: 57.96µg (82.8%), Phosphorus: 610.99mg (61.1%), Manganese: 1.1mg (54.82%), Vitamin B12: 2.92µg (48.59%), Vitamin B1: 0.72mg (48.29%), Calcium: 477.66mg (47.77%), Fiber: 11.69g (46.78%), Zinc: 6.96mg (46.37%), Vitamin B3: 8.35mg (41.75%), Vitamin B6: 0.82mg (40.89%), Vitamin K: 39.76µg (37.86%), Vitamin B2: 0.61mg (36.11%), Vitamin A: 1694IU (33.88%), Iron: 5.6mg (31.12%), Magnesium: 103.86mg (25.97%), Potassium: 876.76mg (25.05%), Copper: 0.45mg (22.74%), Vitamin C: 18.5mg (22.43%), Folate: 73.28µg (18.32%), Vitamin B5: 1.48mg (14.75%), Vitamin E: 1.65mg (10.98%), Vitamin D: 0.22µg (1.49%)