



Rose's Reuben Loaf

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



1013 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups corned beef ribs leftover minced
- ☐ 5 olives green pitted chopped fine
- ☐ 0.5 tablespoon olive juice
- ☐ 0.5 cup catsup
- ☐ 2 cups mayonnaise
- ☐ 8 servings oil for brushing
- ☐ 0.5 cup relish drained
- ☐ 20 ounce pizza dough frozen at room temperature

- ☐ 2 cups sauerkraut leftover drained well
- ☐ 1 pound swiss cheese sliced

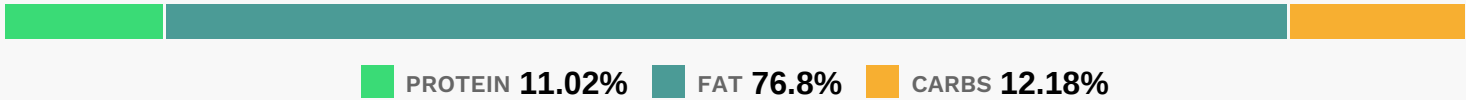
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ rolling pin

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ With rolling pin, roll out dough to 1/4-thick.
- ☐ Spread some of the dressing over dough, leaving a border around the edges, and reserve the rest to serve on the side.
- ☐ Layer the corned beef, sauerkraut and cheese over the dressing.
- ☐ Roll up the dough halfway, fold in the sides, and continue rolling to form a tight log.
- ☐ Place on a greased or parchment paper-lined baking sheet, placing the seam-side down.
- ☐ Brush the top lightly with oil.
- ☐ Bake until the crust is golden, about 30 minutes.
- ☐ Let cool slightly before slicing.
- ☐ Serve with the remaining dressing.
- ☐ Place all the ingredients in a bowl and mix well.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:0.54, Inflammation Score:-7, Nutrition Score:25.623912997868%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 1013.39kcal (50.67%), Fat: 86.97g (133.8%), Saturated Fat: 22.35g (139.67%), Carbohydrates: 31.05g (10.35%), Net Carbohydrates: 28.09g (10.21%), Sugar: 6.69g (7.44%), Cholesterol: 101.43mg (33.81%), Sodium: 1704.98mg (74.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.07g (56.15%), Vitamin K: 111.84µg (106.51%), Calcium: 653.17mg (65.32%), Selenium: 39.3µg (56.15%), Phosphorus: 514.35mg (51.43%), Vitamin B12: 2.84µg (47.25%), Vitamin E: 5.73mg (38.17%), Zinc: 4.43mg (29.52%), Vitamin B2: 0.45mg (26.39%), Vitamin C: 14.46mg (17.53%), Vitamin A: 869.99IU (17.4%), Iron: 3.06mg (16.98%), Vitamin B3: 2.97mg (14.86%), Copper: 0.29mg (14.61%), Manganese: 0.29mg (14.47%), Vitamin B6: 0.26mg (12.9%), Vitamin B1: 0.19mg (12.62%), Magnesium: 49.32mg (12.33%), Fiber: 2.96g (11.85%), Folate: 46.36µg (11.59%), Potassium: 358.74mg (10.25%), Vitamin B5: 0.7mg (6.98%)