






 **88%**  
HEALTH SCORE

# Russian Reuben in the Round

 Very Healthy

READY IN  
  
**60 min.**

SERVINGS  
  
**1**

CALORIES  
  
**2258 kcal**

LUNCH    MAIN COURSE    MAIN DISH    DINNER

## Ingredients

- 1 claussen kosher dill pickle spear finely chopped
- 0.3 cup real mayo mayonnaise kraft
- 2 Tbsp onions finely chopped
- 7 oz oscar mayer deli slow roasted roast beef fresh
- 16 oz round loaf un round rye bread
- 0.5 cup claussen sauerkraut dry drained
- 6 extra swiss cheese kraft thin
- 2 Tbsp heinz tomato ketchup

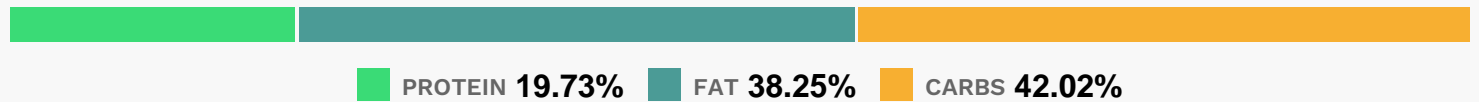
## Equipment

- bowl
- oven
- aluminum foil

## Directions

- Heat oven 400F.
- Mix first 4 ingredients in medium bowl until blended.
- Add sauerkraut; mix lightly.
- Cut off top of bread loaf; remove bread from inside of loaf, leaving 1-inch-thick shell. Discard removed bread or reserve for another use. Fill bottom of loaf with layers of 2 cheese slices and half each of the meat and sauerkraut mixture. Repeat layers; cover with remaining cheese and top of loaf. Wrap in foil.
- Bake 45 min. or until heated through.
- Cut into wedges to serve.

## Nutrition Facts



## Properties

Glycemic Index:188.33, Glycemic Load:102.17, Inflammation Score:-10, Nutrition Score:75.440869372824%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg

## Nutrients (% of daily need)

Calories: 2258.23kcal (112.91%), Fat: 95.86g (147.47%), Saturated Fat: 30.43g (190.16%), Carbohydrates: 236.98g (78.99%), Net Carbohydrates: 207.53g (75.46%), Sugar: 27.97g (31.08%), Cholesterol: 231.49mg (77.16%), Sodium: 7569.77mg (329.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 111.23g (222.46%), Selenium: 186.21µg (266.01%), Manganese: 3.98mg (199.08%), Calcium: 1865.15mg (186.52%), Vitamin B3: 32.72mg (163.62%),

Phosphorus: 1586.47mg (158.65%), Vitamin B1: 2.13mg (142.21%), Folate: 558.09µg (139.52%), Vitamin B2: 2.2mg (129.28%), Vitamin C: 105.79mg (128.23%), Fiber: 29.46g (117.84%), Zinc: 17.17mg (114.5%), Vitamin K: 119.4µg (113.72%), Vitamin B12: 6.52µg (108.69%), Iron: 18.61mg (103.38%), Vitamin B6: 1.4mg (70.1%), Magnesium: 277.53mg (69.38%), Copper: 1.16mg (58.15%), Potassium: 1710.47mg (48.87%), Vitamin B5: 3.26mg (32.64%), Vitamin E: 4.62mg (30.82%), Vitamin A: 1221.3IU (24.43%)