



Rustic Reuben Salad

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



121 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 lb deli corned beef sliced cut into strips
- 1 cup croutons
- 8 cups tightly torn salad greens packed
- 0.3 cup well-drained claussen sauerkraut
- 0.8 cup swiss cheese cubed kraft
- 0.3 cup thousand island dressing kraft
- 1 tomatoes cut into wedges

Equipment

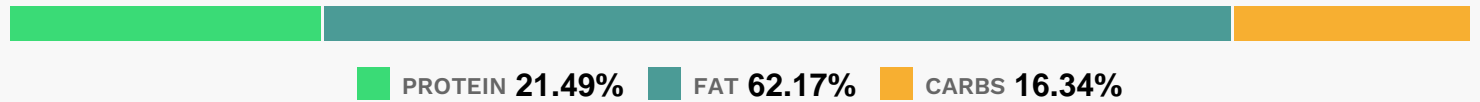
bowl

Directions

Combine all ingredients except dressing in large bowl.

Add dressing; mix lightly.

Nutrition Facts



Properties

Glycemic Index:16.9, Glycemic Load:1.65, Inflammation Score:-5, Nutrition Score:6.1660870261814%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 120.64kcal (6.03%), Fat: 8.33g (12.82%), Saturated Fat: 2.92g (18.24%), Carbohydrates: 4.93g (1.64%), Net Carbohydrates: 4.47g (1.63%), Sugar: 1.34g (1.49%), Cholesterol: 21.41mg (7.13%), Sodium: 404.46mg (17.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.48g (12.96%), Vitamin C: 15.75mg (19.1%), Selenium: 8.12µg (11.59%), Vitamin A: 547.04IU (10.94%), Vitamin B12: 0.65µg (10.81%), Phosphorus: 94.31mg (9.43%), Vitamin B1: 0.13mg (8.95%), Calcium: 83.48mg (8.35%), Zinc: 1.14mg (7.59%), Vitamin B3: 1.28mg (6.39%), Vitamin B6: 0.11mg (5.61%), Vitamin K: 5.87µg (5.59%), Vitamin B2: 0.09mg (5.36%), Folate: 20.36µg (5.09%), Potassium: 173.74mg (4.96%), Iron: 0.88mg (4.87%), Manganese: 0.09mg (4.44%), Magnesium: 12.61mg (3.15%), Copper: 0.06mg (3.02%), Vitamin E: 0.37mg (2.47%), Vitamin B5: 0.23mg (2.3%), Fiber: 0.45g (1.81%)