



Simple Reuben Sandwich

READY IN



10 min.

SERVINGS



10

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 lb corned beef ribs sliced
- 8 slices cocktail rye bread
- 0.5 cup claussen sauerkraut drained well
- 4 big aged swiss cheese kraft
- 0.3 cup thousand island dressing kraft
- 8 tsp butter unsalted softened

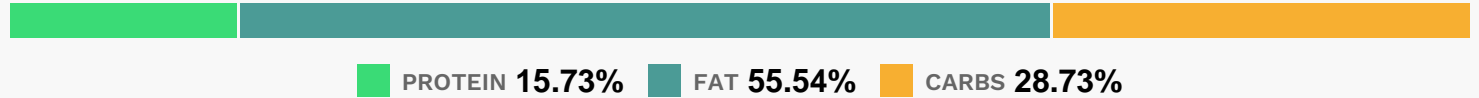
Equipment

- frying pan

Directions

- Top 4 bread slices with meat, sauerkraut, cheese and dressing; cover with remaining bread slices.
- Spread both sides of sandwiches with butter.
- Cook in skillet on medium heat for 3 min. on each side or until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:5.75, Inflammation Score:-3, Nutrition Score:7.1860869099265%

Nutrients (% of daily need)

Calories: 191.65kcal (9.58%), Fat: 11.78g (18.12%), Saturated Fat: 4.85g (30.29%), Carbohydrates: 13.71g (4.57%), Net Carbohydrates: 11.97g (4.35%), Sugar: 2.06g (2.29%), Cholesterol: 28.8mg (9.6%), Sodium: 550.46mg (23.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.51g (15.02%), Selenium: 14.44µg (20.63%), Vitamin B1: 0.21mg (14.22%), Manganese: 0.23mg (11.46%), Vitamin B12: 0.62µg (10.26%), Phosphorus: 101.63mg (10.16%), Vitamin B3: 1.84mg (9.22%), Vitamin C: 7.27mg (8.81%), Vitamin B2: 0.15mg (8.74%), Calcium: 84.95mg (8.49%), Zinc: 1.27mg (8.46%), Folate: 31.73µg (7.93%), Iron: 1.3mg (7.2%), Fiber: 1.74g (6.96%), Vitamin K: 5.92µg (5.64%), Vitamin B6: 0.1mg (4.95%), Magnesium: 17.16mg (4.29%), Copper: 0.08mg (4.16%), Potassium: 134.4mg (3.84%), Vitamin A: 172.66IU (3.45%), Vitamin E: 0.48mg (3.19%), Vitamin B5: 0.28mg (2.82%)