



Slow-Cooker Hot Reuben Spread

READY IN



130 min.

SERVINGS



26

CALORIES



89 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 6 ounces swiss cheese shredded
- ☐ 0.8 cup sauerkraut drained
- ☐ 0.5 cup thousand island dressing
- ☐ 8 ounces cream cheese softened
- ☐ 5 ounces corned beef ribs thinly sliced chopped
- ☐ 1 slices cocktail rye bread

Equipment

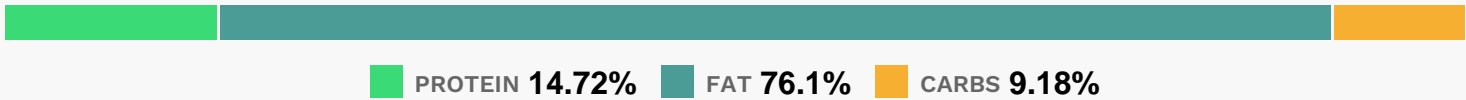
- ☐ spatula

☐ slow cooker

Directions

- ☐ Spray inside of 1- to 2 1/2-quart slow cooker with cooking spray.
- ☐ Mix all
- ☐ ingredients except crackers; spoon into slow cooker.
- ☐ Cover and cook on Low heat setting 1 hour or until cheese is melted. Stir until
- ☐ cheese is smooth; cover and cook 1 hour longer.
- ☐ Scrape down side of cooker with rubber spatula to help prevent edge of spread
- ☐ from scorching.
- ☐ Serve spread with rye bread.
- ☐ Spread will hold up to 2 hours on Low.

Nutrition Facts



Properties

Glycemic Index:5.32, Glycemic Load:0.45, Inflammation Score:-1, Nutrition Score:2.624782614086%

Nutrients (% of daily need)

Calories: 89.22kcal (4.46%), Fat: 7.57g (11.65%), Saturated Fat: 3.46g (21.65%), Carbohydrates: 2.06g (0.69%), Net Carbohydrates: 1.83g (0.66%), Sugar: 1.18g (1.31%), Cholesterol: 19.09mg (6.36%), Sodium: 186.59mg (8.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.59%), Calcium: 70.01mg (7%), Selenium: 4.23µg (6.05%), Phosphorus: 56.92mg (5.69%), Vitamin B1: 0.08mg (5.37%), Vitamin B12: 0.31µg (5.23%), Vitamin K: 4.14µg (3.95%), Vitamin A: 182.42IU (3.65%), Zinc: 0.52mg (3.46%), Vitamin B2: 0.06mg (3.31%), Vitamin C: 2.08mg (2.52%), Vitamin E: 0.32mg (2.11%), Vitamin B6: 0.03mg (1.58%), Iron: 0.26mg (1.46%), Vitamin B3: 0.28mg (1.42%), Potassium: 46.5mg (1.33%), Magnesium: 5.12mg (1.28%), Vitamin B5: 0.12mg (1.18%), Manganese: 0.02mg (1.03%)