



Slow-Cooker Reuben Sandwiches

READY IN



675 min.

SERVINGS



8

CALORIES



636 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds sauerkraut refrigerated
- ☐ 2 pounds corned beef brisket
- ☐ 1 cup thousand island dressing
- ☐ 16 slices pumpernickel bread toasted
- ☐ 8 ounce swiss cheese

Equipment

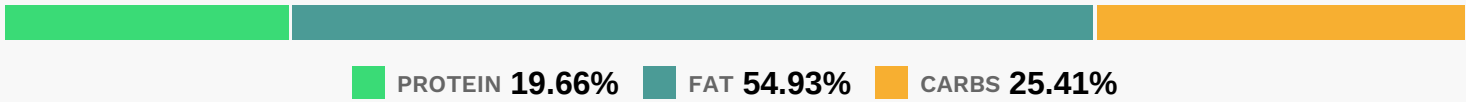
- ☐ slotted spoon
- ☐ slow cooker

☐ cutting board

Directions

- ☐ Place sauerkraut in 3- to 4-quart slow cooker.
- ☐ Place beef brisket on sauerkraut. (If brisket includes packet of spices, sprinkle spices over brisket.)
- ☐ Cover and cook on Low heat setting 9 to 11 hours.
- ☐ Remove beef from cooker; place on cutting board.
- ☐ Cut beef into slices. To serve, spread 1 tablespoon dressing on each toast slice. Using slotted spoon to remove sauerkraut from cooker, top 8 slices toast with 1/2 cup sauerkraut each. Top sauerkraut with beef slices and cheese slice. Top with remaining toast. Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturer's directions for layering ingredients and choosing a temperature.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:15.31, Inflammation Score:-7, Nutrition Score:30.178261031275%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 635.92kcal (31.8%), Fat: 38.8g (59.69%), Saturated Fat: 12.43g (77.7%), Carbohydrates: 40.38g (13.46%), Net Carbohydrates: 32.68g (11.89%), Sugar: 7.11g (7.9%), Cholesterol: 95.72mg (31.91%), Sodium: 2864.13mg (124.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.24g (62.48%), Selenium: 46.91µg (67.01%), Vitamin C: 47.29mg (57.32%), Manganese: 1.04mg (52.15%), Vitamin B1: 0.74mg (49%), Vitamin B12: 2.87µg (47.91%), Phosphorus: 440.44mg (44.04%), Zinc: 5.71mg (38.1%), Vitamin K: 37.24µg (35.47%), Calcium: 343.1mg (34.31%), Iron: 5.83mg (32.37%), Vitamin B3: 6.44mg (32.19%), Fiber: 7.7g (30.79%), Vitamin B2: 0.5mg (29.54%), Vitamin B6: 0.58mg (28.84%), Folate: 94.96µg (23.74%), Copper: 0.43mg (21.53%), Potassium: 716.25mg (20.46%), Magnesium: 77.03mg (19.26%), Vitamin E: 1.85mg (12.32%), Vitamin B5: 1.13mg (11.32%), Vitamin A: 321.65IU (6.43%)