



Slow-Cooker Reuben Sandwiches

READY IN



675 min.

SERVINGS



8

CALORIES



642 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

Equipment

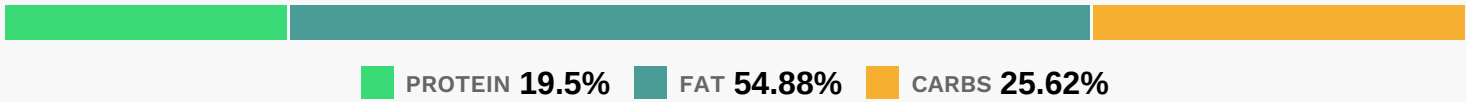
- ☐ slotted spoon
- ☐ slow cooker

☐ 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 manufacturers directions for layering ingredients and choosing a temperature.

Nutrition Facts



Properties

Glycemic Index:13.92, Glycemic Load:14.85, Inflammation Score:-7, Nutrition Score:29.626087126525%

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: 641.68kcal (32.08%), Fat: 38.92g (59.88%), Saturated Fat: 12.55g (78.46%), Carbohydrates: 40.89g (13.63%), Net Carbohydrates: 33.64g (12.23%), Sugar: 9.23g (10.26%), Cholesterol: 95.72mg (31.91%), Sodium: 2868.61mg (124.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.11g (62.23%), Selenium: 51µg (72.86%), Vitamin C: 47.54mg (57.63%), Vitamin B1: 0.8mg (53.56%), Vitamin B12: 2.87µg (47.91%), Phosphorus: 406.52mg (40.65%), Manganese: 0.74mg (36.76%), Zinc: 5.5mg (36.65%), Vitamin K: 37.5µg (35.71%), Calcium: 346.3mg (34.63%), Vitamin B3: 6.89mg (34.46%), Iron: 5.8mg (32.22%), Vitamin B2: 0.52mg (30.67%), Fiber: 7.25g (29%), Vitamin B6: 0.54mg (27.21%), Folate: 105.84µg (26.46%), Potassium: 689.37mg (19.7%), Copper: 0.37mg (18.3%), Magnesium: 68.07mg (17.02%), Vitamin E: 1.79mg (11.93%), Vitamin B5: 1.15mg (11.55%), Vitamin A: 326.13IU (6.52%)