



Snappy Reuben Rolls

READY IN



45 min.

SERVINGS



8

CALORIES



143 kcal

Ingredients

- ☐ 0.5 ounce deli corned beef thinly sliced
- ☐ 1 teaspoon mustard dry
- ☐ 8 ounce crescent rolls refrigerated
- ☐ 10 ounce sauerkraut drained canned
- ☐ 2 slices swiss cheese cut into 16 (1/2-inch) strips
- ☐ 2 tablespoons thousand island salad dressing

Equipment

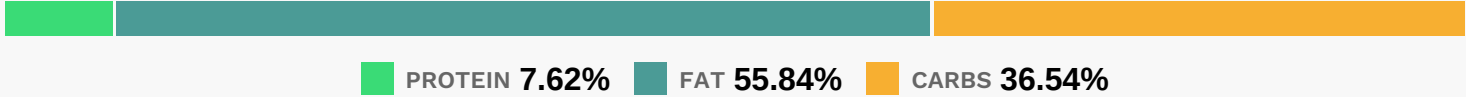
- ☐ baking sheet
- ☐ oven

☐ aluminum foil

Directions

- ☐ Unroll crescent rolls, and separate into 8 triangles.
- ☐ Roll each dough portion into a 7-inch triangle.
- ☐ Stir together sauerkraut, salad dressing, and mustard.
- ☐ Place 1 corned beef slice across wide side of 1 triangle, folding to fit, if necessary.
- ☐ Spread 2 tablespoons sauerkraut mixture over corned beef, and top with 2 cheese strips.
- ☐ Roll up, beginning with wide end of triangle. Repeat with remaining triangles, sauerkraut mixture, corned beef, and cheese.
- ☐ Place rolls, point sides down, on an ungreased baking sheet.
- ☐ Bake rolls at 375 for 15 to 17 minutes or until golden brown.
- ☐ Rolls may be baked and frozen. To reheat, thaw at room temperature 15 minutes; cover with foil, and bake at 375 for 25 minutes. Uncover and bake 4 minutes.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:2.8300000118173%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 142.6kcal (7.13%), Fat: 9.22g (14.19%), Saturated Fat: 3.63g (22.68%), Carbohydrates: 13.57g (4.52%), Net Carbohydrates: 12.48g (4.54%), Sugar: 4.09g (4.55%), Cholesterol: 5.95mg (1.98%), Sodium: 524.72mg (22.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.66%), Vitamin K: 7.44µg (7.09%), Vitamin C: 5.71mg (6.92%), Iron: 0.98mg (5.47%), Calcium: 49.93mg (4.99%), Vitamin B1: 0.07mg (4.55%), Fiber: 1.09g (4.36%), Phosphorus: 36.71mg (3.67%), Selenium: 2.41µg (3.44%), Manganese: 0.06mg (3.09%), Vitamin B6: 0.06mg (2.76%), Vitamin B12: 0.16µg (2.66%), Folate: 9.38µg (2.35%), Zinc: 0.33mg (2.19%), Potassium: 74.65mg (2.13%), Copper: 0.04mg (1.98%), Magnesium: 7.5mg (1.88%), Vitamin E: 0.25mg (1.65%), Vitamin B2: 0.03mg (1.55%)