



The Newben Reuben

READY IN



10 min.

SERVINGS



10

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 slices oscar mayer deli virginia brand ham fresh
- 2 slices oscar mayer deli turkey breast smoked fresh
- 1 claussen kosher dill sandwich cut in half
- 2 slices marble rye bread
- 2 Tbsp claussen sauerkraut drained
- 1 big swiss cheese kraft
- 1 Tbsp thousand island dressing kraft

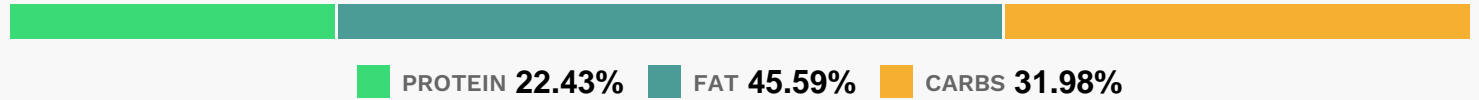
Equipment

frying pan

Directions

- Spread 1 bread slice with dressing. Fill bread slices with remaining ingredients.
- Cook in skillet sprayed with cooking spray on medium heat 3 min. on each side or until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:1.44, Inflammation Score:-1, Nutrition Score:1.882608698762%

Nutrients (% of daily need)

Calories: 44.92kcal (2.25%), Fat: 2.26g (3.47%), Saturated Fat: 0.77g (4.82%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 3.09g (1.12%), Sugar: 0.58g (0.64%), Cholesterol: 5.98mg (1.99%), Sodium: 167.87mg (7.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5%), Vitamin B1: 0.09mg (5.71%), Selenium: 3.8µg (5.43%), Phosphorus: 34.59mg (3.46%), Manganese: 0.06mg (2.95%), Vitamin B3: 0.51mg (2.53%), Vitamin B2: 0.04mg (2.41%), Calcium: 21.91mg (2.19%), Folate: 8.13µg (2.03%), Zinc: 0.3mg (2.01%), Fiber: 0.48g (1.91%), Iron: 0.31mg (1.74%), Vitamin K: 1.71µg (1.63%), Vitamin B6: 0.03mg (1.57%), Vitamin B12: 0.09µg (1.45%), Magnesium: 5.18mg (1.29%), Copper: 0.02mg (1.22%), Potassium: 38.65mg (1.1%)