



## The Real Reuben

READY IN



8 min.

SERVINGS



1

CALORIES



777 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 pound corned beef ribs thinly sliced
- 2 slices cocktail rye bread dark
- 3 ounces sauerkraut drained
- 2 slices swiss cheese
- 0.3 cup thousand island dressing

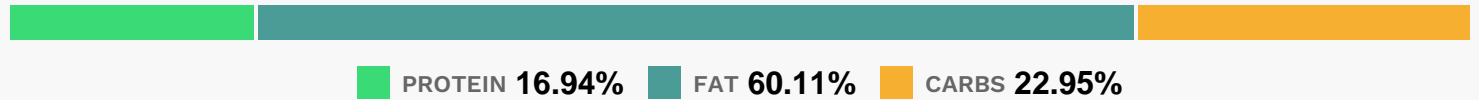
### Equipment

- frying pan
- baking sheet

## Directions

- Place bread on baking sheet or broiling pan.
- Layer corned beef, sauerkraut and cheese on top of bread slices.
- Broil on high heat for 3 to 4 minutes, until cheese has melted.
- Serve hot with Thousand Island dressing.

## Nutrition Facts



## Properties

Glycemic Index:111.33, Glycemic Load:14.74, Inflammation Score:-7, Nutrition Score:32.300869361214%

## 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: 776.94kcal (38.85%), Fat: 51.6g (79.39%), Saturated Fat: 15.16g (94.77%), Carbohydrates: 44.33g (14.78%), Net Carbohydrates: 37.65g (13.69%), Sugar: 13.48g (14.98%), Cholesterol: 109.11mg (36.37%), Sodium: 2992.3mg (130.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.72g (65.44%), Vitamin B1: 1.25mg (83.21%), Selenium: 53µg (75.72%), Vitamin K: 55.49µg (52.85%), Vitamin C: 43.38mg (52.58%), Vitamin B12: 3.05µg (50.75%), Phosphorus: 441.72mg (44.17%), Calcium: 393.4mg (39.34%), Zinc: 5.77mg (38.48%), Manganese: 0.71mg (35.26%), Vitamin B3: 6.99mg (34.93%), Vitamin B2: 0.55mg (32.38%), Iron: 5.76mg (32%), Fiber: 6.68g (26.71%), Vitamin B6: 0.51mg (25.56%), Folate: 99.54µg (24.89%), Vitamin E: 3.03mg (20.23%), Potassium: 678.63mg (19.39%), Magnesium: 68.75mg (17.19%), Copper: 0.34mg (17.07%), Vitamin B5: 1.15mg (11.53%), Vitamin A: 433.86IU (8.68%)