

## Traditional Reuben Casserole

READY IN



40 min.

SERVINGS



12

CALORIES



513 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1.5 pounds beef cut into bite-size pieces
- 0.3 cup butter melted
- 1 tablespoon onion minced
- 6 slices cocktail rye bread dark cubed
- 6 slices cocktail rye bread light cubed
- 1 pound sauerkraut drained
- 1 cup cream sour
- 2.5 cups swiss cheese shredded
- 1.5 cups thousand island dressing

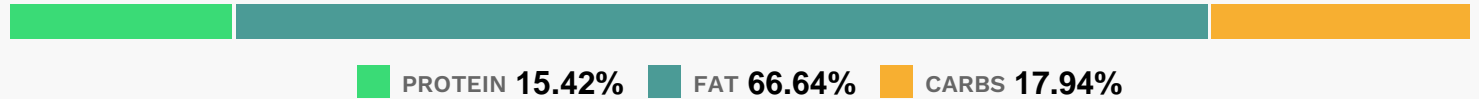
## Equipment

- bowl
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- In a bowl, mix the thousand island dressing, sour cream, and onion.
- Arrange the dark and light rye bread cubes in the bottom of the prepared baking dish, reserving about 1/2 cup each for topping.
- Layer the bread with sauerkraut and corned beef.
- Spread the dressing mixture over the corned beef.
- Sprinkle with Swiss cheese, top with remaining bread cubes, and drizzle with margarine.
- Cover, and bake 15 minutes in the preheated oven. Uncover, and continue baking 10 minutes, or until bubbly and lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:15.89, Glycemic Load:7.39, Inflammation Score:-5, Nutrition Score:17.32217373537%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 513.23kcal (25.66%), Fat: 37.92g (58.34%), Saturated Fat: 12.98g (81.1%), Carbohydrates: 22.97g (7.66%), Net Carbohydrates: 19.75g (7.18%), Sugar: 7.34g (8.16%), Cholesterol: 80.61mg (26.87%), Sodium: 873.62mg (37.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.73g (39.47%), Vitamin B1: 0.63mg (41.89%), Selenium: 26.57µg (37.96%), Vitamin B12: 1.94µg (32.3%), Phosphorus: 290.63mg (29.06%), Vitamin K: 28.52µg

(27.16%), Calcium: 271.44mg (27.14%), Zinc: 3.94mg (26.24%), Vitamin B3: 3.83mg (19.15%), Vitamin B2: 0.32mg (18.82%), Manganese: 0.34mg (17.16%), Iron: 2.97mg (16.52%), Vitamin B6: 0.28mg (14.07%), Vitamin E: 2mg (13.3%), Folate: 51.62µg (12.91%), Fiber: 3.22g (12.87%), Vitamin A: 550.32IU (11.01%), Potassium: 347.04mg (9.92%), Magnesium: 39.42mg (9.85%), Copper: 0.14mg (7.24%), Vitamin C: 5.93mg (7.19%), Vitamin B5: 0.63mg (6.27%)