



Triple-Decker Mini Reubens

READY IN



55 min.

SERVINGS



24

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter melted
- 6 oz corned beef ribs shaved (from deli)
- 6 oz pastrami shaved (from deli)
- 18 slices cocktail rye bread
- 1.5 cups sauerkraut refrigerated (from 25-oz jar)
- 2 tablespoons spicy brown mustard
- 4.5 oz swiss cheese
- 2 tablespoons thousand island dressing
- 24 vinegar

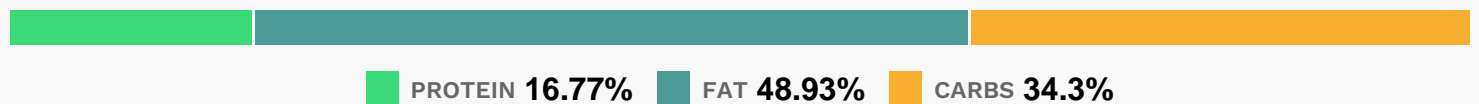
Equipment

- frying pan
- knife
- toothpicks
- skewers
- serrated knife

Directions

- Cut each slice of cheese in half crosswise, then cut each half diagonally to form 2 triangles.
- Toast 6 bread slices; spread dressing evenly over 1 side of each slice.
- Brush melted butter over 1 side of each slice of remaining untoasted bread.
- Place 6 bread slices, buttered sides down, on work surface; spread each with 1 teaspoon mustard. Divide pastrami evenly over mustard-coated bread slices; top each with 2 tablespoons sauerkraut, 1 cheese triangle and 1 toasted bread slice, dressing side up. Divide corned beef evenly over dressing-coated bread slices; top each with 2 tablespoons sauerkraut, 1 cheese triangle and remaining bread slices, buttered sides up. Secure sandwiches with toothpicks.
- Heat 12-inch nonstick skillet or griddle over medium heat. Cook sandwiches 6 to 10 minutes, turning once, until lightly browned and cheese is melted.
- Using electric knife or serrated knife, carefully cut each sandwich into 4 rectangles. Secure each mini sandwich with 6-inch bamboo skewer.
- Garnish with cornichons.

Nutrition Facts



Properties

Glycemic Index:10.97, Glycemic Load:5.48, Inflammation Score:-3, Nutrition Score:5.8213043420211%

Nutrients (% of daily need)

Calories: 145.5kcal (7.28%), Fat: 7.91g (12.17%), Saturated Fat: 2.32g (14.48%), Carbohydrates: 12.47g (4.16%), Net Carbohydrates: 10.76g (3.91%), Sugar: 1.3g (1.45%), Cholesterol: 12.45mg (4.15%), Sodium: 442.25mg (19.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.19%), Selenium: 11.6µg (16.58%), Manganese: 0.22mg (11%), Vitamin B1: 0.14mg (9.23%), Phosphorus: 84.05mg (8.4%), Vitamin B3: 1.56mg (7.8%), Folate: 29.99µg (7.5%), Vitamin B2: 0.13mg (7.35%), Calcium: 71.12mg (7.11%), Vitamin C: 5.78mg (7.01%), Vitamin B12: 0.42µg (6.94%), Zinc: 1.04mg (6.92%), Fiber: 1.71g (6.86%), Iron: 1.17mg (6.5%), Vitamin A: 220.26IU (4.41%), Magnesium: 15.63mg (3.91%), Copper: 0.07mg (3.5%), Vitamin B6: 0.07mg (3.39%), Potassium: 101.22mg (2.89%), Vitamin K: 2.46µg (2.34%), Vitamin E: 0.33mg (2.19%), Vitamin B5: 0.21mg (2.06%)