

Vegetarian Reubens

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



687 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 12 slices cocktail rye bread dark
- ☐ 16 ounce sauerkraut drained
- ☐ 1 pound cheddar cheese smoked shredded
- ☐ 1 cup thousand island salad dressing to taste
- ☐ 2 tomatoes sliced

Equipment

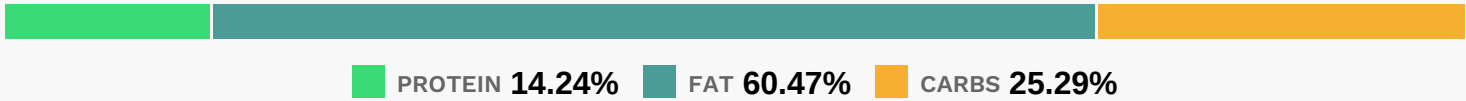
- ☐ frying pan

☐ mixing bowl

Directions

- ☐ In a large mixing bowl, stir together the cheese and sauerkraut.
- ☐ Add enough dressing to coat, and mix thoroughly.
- ☐ Butter each slice of bread on one side.
- ☐ Spread a thick layer of the cheese mixture onto unbuttered side of half of the bread slices. Top with sliced tomato and another slice of bread.
- ☐ Heat a large skillet to medium-high heat. Fry sandwiches on both sides until the outside is toasted and the cheese is melted.

Nutrition Facts



Properties

Glycemic Index:33.22, Glycemic Load:15.49, Inflammation Score:-8, Nutrition Score:26.133478123209%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 687.32kcal (34.37%), Fat: 46.41g (71.4%), Saturated Fat: 19.47g (121.7%), Carbohydrates: 43.67g (14.56%), Net Carbohydrates: 36.94g (13.43%), Sugar: 11.47g (12.75%), Cholesterol: 96.47mg (32.16%), Sodium: 1812.93mg (78.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.6g (49.19%), Vitamin B1: 0.93mg (62.06%), Calcium: 616.19mg (61.62%), Selenium: 42.3µg (60.42%), Phosphorus: 463.57mg (46.36%), Vitamin K: 44.77µg (42.64%), Manganese: 0.71mg (35.62%), Vitamin B2: 0.6mg (35.17%), Folate: 110.71µg (27.68%), Fiber: 6.73g (26.92%), Vitamin A: 1321.65IU (26.43%), Zinc: 3.83mg (25.53%), Vitamin C: 16.99mg (20.59%), Iron: 3.65mg (20.26%), Vitamin E: 2.88mg (19.2%), Magnesium: 63.78mg (15.94%), Vitamin B3: 3mg (15%), Vitamin B12: 0.81µg (13.49%), Potassium: 435.84mg (12.45%), Copper: 0.24mg (12.04%), Vitamin B6: 0.23mg (11.57%), Vitamin B5: 0.71mg (7.06%), Vitamin D: 0.45µg (3.02%)