

Beet Reuben



Ingredients:

- 2 slices of marble rye bread
- 1 slice of swiss cheese
- 2 tablespoons of drained sauerkraut (more or less, depending on preference)
- 1/4 cup of sliced cooked beets
- 1 tablespoon of thousand island dressing

Optional: tomato slices, arugula

Instructions:

- 1) Put both slices of bread in a skillet on low to medium heat. Add the swiss cheese on one slice of bread.
- 2) On the other slice of bread, spread the sauerkraut and beets on it.
- 3) Let the two slices of bread heat up slowly until the swiss cheese starts to melt. Take the bread slices off of the heat and put on a plate.

- 4) Add the tomato slices, arugula, and dressing, and then close up the sandwich.
- 5) Slice the sandwich in half and enjoy!

Nutrition Facts

Servings 1.0

Amount Per Serving

calories 343

% Daily Value *

Total Fat 16 g	25 %
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Saturated Fat 6 g	31 %
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Monounsaturated Fat 4 g	
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Polyunsaturated Fat 4 g	
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Trans Fat 0 g	
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Cholesterol 31 mg	10 %
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Sodium 744 mg	31 %
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Potassium 123 mg	4 %
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Total Carbohydrate 37g	12 %
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Dietary Fiber 4 g	16 %
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Sugars 10 g	
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Protein 12 g	24 %
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Vitamin A	81 %
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Vitamin C	5 %
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Calcium	250 %
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Iron	2 %
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