

Grilled Reuben Juniors

Mrs. Ben Thompson Jr

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Yield: 18 sandwiches

- 1 loaf (8 ounce) long party rye bread
- 2 tablespoons mustard with horseradish
- 2 cans (4-1/2 ounce ea) corned beef spread
- 1/4 pound Swiss cheese, thinly sliced
- 1 cup sauerkraut (optional), well drained

Spread one-half of the bread slices lightly with mustard. Then spread the corned beef spread on the bread.

Add two slices of Swiss cheese and a dollop of sauerkraut.

Top with the remaining bread slices.

Grill slowly in a buttered skillet.

Remove when the cheese is soft and the bread is golden.

Per Serving (excluding unknown items): 426 Calories; 31g Fat (66.0% calories from fat); 32g Protein; 4g Carbohydrate; 0g Dietary Fiber; 104mg Cholesterol; 295mg Sodium. Exchanges: 4 Lean Meat; 3 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	426
% Calories from Fat:	66.0%
% Calories from Carbohydrates:	3.6%
% Calories from Protein:	30.4%
Total Fat (g):	31g
Saturated Fat (g):	20g
Monounsaturated Fat (g):	8g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	104mg
Carbohydrate (g):	4g
	0g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	1.9mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	7mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0 0%

Food Exchanges

0
1

Dietary Fiber (g):
Protein (g): 32g
Sodium (mg): 295mg
Potassium (mg): 126mg
Calcium (mg): 1091mg
Iron (mg): trace
Zinc (mg): 4mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 959IU
Vitamin A (r.e.): 288 1/2RE

Grain (Starch):
Lean Meat: 4
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 3 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 426 Calories from Fat: 282

% Daily Values*

Total Fat	31g		48%
	Saturated Fat	20g	101%
Cholesterol	104mg		35%
Sodium	295mg		12%
Total Carbohydrates	4g		1%
	Dietary Fiber	0g	0%
Protein	32g		
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Vitamin A			19%
Vitamin C			0%
Calcium			109%
Iron			1%

** Percent Daily Values are based on a 2000 calorie diet.*