

# Reuben Dog

CommunityTable.com  
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1 hot dog  
1 bun  
Sauerkraut  
Swiss cheese  
Russian dressing

Cook the hot dog according to preference.

Place cooked hot dog into the bun.

Top the hot dog with all of the toppings.

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Per Serving (excluding unknown items): 182 Calories; 17g Fat (82.6% calories from fat); 6g Protein; 1g Carbohydrate; 0g Dietary Fiber; 29mg Cholesterol; 638mg Sodium. Exchanges: 1 Lean Meat; 2 1/2 Fat.

Sandwiches

## Per Serving Nutritional Analysis

Calories (kcal):	182	Vitamin B6 (mg):	.1mg
% Calories from Fat:	82.6%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	3.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	14.2%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	17g	Folacin (mcg):	2mcg
Saturated Fat (g):	6g	Niacin (mg):	2mg
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	29mg	% Refused:	0.0%
Carbohydrate (g):	1g	<b>Food Exchanges</b>	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	6g	Lean Meat:	1
Sodium (mg):	638mg	Vegetable:	0
Potassium (mg):	95mg	Fruit:	0
Calcium (mg):	6mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	2 1/2
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	15mg		

