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## Corned Beef Reuben Sandwich ♦

The Corned Beef Reuben Sandwich is a classic deli sandwich made with corned beef, sauerkraut, Swiss cheese, and Russian dressing on rye bread. It is typically grilled or toasted until the cheese is melted and the bread is crispy. The sandwich is named after Arnold Reuben, the owner of Reuben's Delicatessen in New York City, where it was first created in the early 20th century. It is a popular choice for lunch or dinner and is often served with a side of pickles or potato chips.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 15 mins

**Total Time:** 30 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	Corned Beef
200 g	Sauerkraut
200 g	Swiss cheese

100 g russian dressing

400 g Rye bread

## Directions

### Step 1

#### Preheating

Preheat a grill or a panini press.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

### Step 2

#### Layering

Layer the corned beef, sauerkraut, Swiss cheese, and Russian dressing on one slice of rye bread.

**Prep Time:** 2 mins

**Cook Time:** 2 mins

### Step 3

#### Layering

Top with another slice of rye bread.

**Prep Time:** 1 mins

**Cook Time:** 1 mins

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## Step 4

Grilling

Grill the sandwich for 3-4 minutes on each side, or until the cheese is melted and the bread is crispy.

**Prep Time:** 2 mins

**Cook Time:** 4 mins

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## Step 5

Resting

Remove from the grill and let it rest for a minute before serving.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 500 kcal

**Fat:** 25 g

**Protein:** 30 g

**Carbohydrates: 40 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	4 g	10.53%	16%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	25 g	89.29%	100%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	80 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	3 mg	20%	20%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1500 mg	65.22%	65.22%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	3 mg	27.27%	37.5%
Selenium	20 mcg	36.36%	36.36%

# Recipe Attributes

## Seasonality

Fall

## Kitchen Tools

Slow Cooker

Blender

## Nutritional Content

Low Calorie

## Cuisines

Italian

## Diet

Anti-Inflammatory Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

Paleo Diet

The Whole30 Diet

Atkins Diet

Ketogenic Diet

Low Carb, High Fat (LCHF) Diet

South Beach Diet

Zone Diet

Ornish Diet

Nutrisystem Diet

TLC Diet (Therapeutic Lifestyle Changes)

Nordic Diet

Okinawa Diet

Alkaline Diet

Macrobiotic Diet

Intermittent Fasting

5:2 Diet

16:8 Diet

Warrior Diet

OMAD (One Meal a Day) Diet

Body for Life Diet

Low FODMAP Diet

Slow Carb Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Engine 2 Diet

Blood Type Diet

Ayurvedic Diet

Traditional Chinese Medicine (TCM) Diet

The Acid Reflux Diet

Gluten-Free Diet

Low Glycemic Index Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The 80/10/10 Diet

The Gerson Therapy    The Swiss Secret Diet    The Scarsdale Diet  
The Cabbage Soup Diet    The Hallelujah Diet    The Mayo Clinic Diet  
The Beverly Hills Diet    The Hollywood Diet    The Lemonade Diet  
The Grapefruit Diet    The Rice Diet    The Sleeping Beauty Diet  
The Baby Food Diet    The 3-Hour Diet    The French Women Don't Get Fat Diet  
The Cookie Diet    The F-Plan Diet    The Israeli Army Diet    The Air Diet  
The Breatharian Diet    The Werewolf Diet    The Five-Bite Diet  
The Negative Calorie Diet    The Ice Cream Diet    The Master Cleanse Diet  
The Subway Diet    The SlimFast Diet    The Cambridge Diet    The Shangri-La Diet  
The Best Life Diet    The 3-Day Diet    The CICO (Calories In, Calories Out) Diet  
The Eat-Clean Diet    The Peanut Butter Diet    The Bulletproof Diet  
The Carnivore Diet    The Dukan Diet    The HCG Diet    The Optavia Diet  
The Pritikin Diet    The Starch Solution Diet    The Vertical Diet    The GOLO Diet  
The Gut and Psychology Syndrome (GAPS) Diet  
The Specific Carbohydrate Diet (SCD)    The Anti-Candida Diet    The Dr. Sebi Diet  
The Crohn's Disease Diet    The Ulcerative Colitis Diet    The Low-Residue Diet  
The BRAT Diet (Bananas, Rice, Applesauce, Toast)  
The GERD Diet (Gastroesophageal Reflux Disease)  
The PCOS (Polycystic Ovary Syndrome) Diet  
The SIBO (Small Intestinal Bacterial Overgrowth) Diet  
The Histamine Intolerance Diet    The IBS (Irritable Bowel Syndrome) Diet  
The Salicylate Sensitivity Diet    The Low Oxalate Diet    The Diabetes Diet  
The Hypothyroidism Diet    The Hyperthyroidism Diet  
The Epilepsy Diet (Modified Atkins Diet for Seizures)    The Parkinson's Disease Diet  
The Multiple Sclerosis (MS) Diet    The Fibromyalgia Diet  
The Chronic Fatigue Syndrome Diet    The Arthritis Diet    The Osteoporosis Diet  
The Heart-Healthy Diet    The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet  
The Low Purine Diet    The High-Fiber Diet    The Low-Fat Diet

The High-Protein Diet    The Low-Protein Diet    The High-Calcium Diet  
The High-Potassium Diet    The Low-Potassium Diet    The High-Iron Diet  
The Low-Iron Diet    The Low-Phosphorus Diet    The High-Vitamin D Diet  
The High-Vitamin C Diet    The High-Vitamin K Diet    The Low-Vitamin K Diet  
The Low-Copper Diet    The Spring Detox Diet    The Summer Weight Loss Diet  
The Fall Immunity-Boosting Diet    The Winter Warming Diet    The Low-Sulfur Diet  
The High-Sulfur Diet    The Eczema Diet    The Psoriasis Diet    The Rosacea Diet  
The Acne Diet    The Migraine Diet    The Celiac Disease Diet  
The Gallbladder Diet    The Kidney Stone Diet    The Anti-Anxiety Diet  
The Depression Diet    The Adrenal Fatigue Diet    The Endometriosis Diet  
The Hashimoto's Disease Diet    The Lyme Disease Diet    The Diverticulitis Diet  
The Restless Leg Syndrome Diet    The Tinnitus Diet    The Interstitial Cystitis Diet  
The Gastroparesis Diet    The Menopause Diet    The Post-Pregnancy Diet  
The Fertility Diet    The Breastfeeding Diet    The Low-Nickel Diet  
The Chronic Urticaria Diet    The Dysphagia Diet  
The Chronic Kidney Disease (CKD) Diet    The Raynaud's Disease Diet  
The Sjögren's Syndrome Diet    The Low Tyramine Diet    The Lactose-Free Diet  
The Fructose Malabsorption Diet    The Low-Histamine Diet  
  
The Mast Cell Activation Syndrome (MCAS) Diet  
The Irritable Larynx Syndrome (ILS) Diet    The Chronic Pancreatitis Diet  
The Sarcoidosis Diet    The Leaky Gut Syndrome Diet    The Behçet's Disease Diet  
The Graves' Disease Diet    The Addison's Disease Diet  
The Cushing's Syndrome Diet    The Ankylosing Spondylitis Diet    The Lupus Diet  
  
The Myasthenia Gravis Diet  
The POTS (Postural Orthostatic Tachycardia Syndrome) Diet  
The Eosinophilic Esophagitis (EoE) Diet  
The Chronic Obstructive Pulmonary Disease (COPD) Diet    The Asthma Diet  
The Sinusitis Diet    The Bronchiectasis Diet    The Insomnia Diet



The Seasonal Affective Disorder (SAD) Diet

The ADHD Diet (Attention Deficit Hyperactivity Disorder)

The Autism Diet

The Bipolar Disorder Diet

The Schizophrenia Diet

The Post-Traumatic Stress Disorder (PTSD) Diet

Blood Type O Diet

Blood Type A Diet

Blood Type B Diet

Blood Type AB Diet

## Meal Type

Brunch

Lunch

Dinner

Snack

Supper

## Course

Drinks

Salads

Snacks

## Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

## Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Over \$50

## Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

## Cooking Method

Grilling

Frying

Baking

Boiling

Steaming

Microwaving

Blanching

Sautéing

Roasting

Smoking

Curing

Blending

Grinding

Freezing

Canning

Drying

Pickling

Sous Vide

Pasteurizing

Fermenting

Infusing

Pressing

Jellying

Carbonating

Whipping

Stirring

Simmering

Cutting

Cut

Mixing

Resting

Plating

Serving

Cooking

None

Stir-frying

Mashing

Preheating

Sprinkling

Heating

Refrigerating

Preparation

Cooling

Oven

Stove

### Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

Appendicitis

Gallstones

Pancreatitis

Liver disease

Gastroparesis

Gastroenteritis

Hepatitis

Colorectal cancer

### Difficulty Level

Medium

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