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Half Reuben Sandwich with Chips & Minestrone Soup

A delicious half Reuben sandwich served with chips and a side of minestrone soup. The Reuben sandwich is a classic deli sandwich made with corned beef, Swiss cheese, sauerkraut, and Russian dressing on rye bread. The chips are crispy and seasoned, while the minestrone soup is a hearty and flavorful vegetable soup with pasta and beans. This meal is perfect for lunch or dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 400 grams

Number of Servings: 2

Serving Size: 200 g

Ingredients

| | |
|-------|--------------|
| 200 g | Corned Beef |
| 100 g | Swiss cheese |
| 50 g | Sauerkraut |

| | |
|-------|------------------|
| 50 g | russian dressing |
| 100 g | rye bread |
| 100 g | chips |
| 400 g | minestrone soup |

Directions

Step 1

Toasting

Toast the rye bread slices.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Spreading

Spread Russian dressing on one side of each toasted rye bread slice.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Layering

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

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Assembling

Place the other slice of bread on top to form a sandwich.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Cutting

Cut the sandwich in half.

Prep Time: 1 mins

Cook Time: 0 mins

Step 6

Serving

Serve the Reuben sandwich with a side of chips and a bowl of minestrone soup.

Prep Time: 2 mins

Cook Time: 20 mins

Nutrition Facts

Calories: 850 kcal

Fat: 30 g

Protein: 40 g

Carbohydrates: 100 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 40 g | 235.29% | 235.29% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 100 g | 181.82% | 200% |
| Fibers | 10 g | 26.32% | 40% |
| 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 | 12 g | N/A | N/A |
| Saturated Fat | 15 g | 68.18% | 88.24% |
| Fat | 30 g | 107.14% | 120% |
| Cholesterol | 100 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 | 8 mg | 53.33% | 53.33% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|---------|------------------------|--------------------------|
| Sodium | 2000 mg | 86.96% | 86.96% |
| Calcium | 30 mg | 3% | 3% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Iron | 25 mg | 312.5% | 138.89% |
| Potassium | 800 mg | 23.53% | 30.77% |
| Zinc | 4 mg | 36.36% | 50% |
| Selenium | 30 mcg | 54.55% | 54.55% |

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

American

Diet

Anti-Inflammatory Diet

Events

Picnic

Course

Salads

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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