

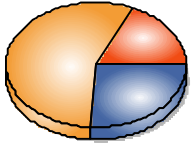


Reuben Sandwich & Chips

Comment: Low Fat

Recipe grams: 331.85g/11.7oz

Serves 1 331.85g/11.7oz per serving



Protein: 29%
Carbohydrates: 46%
Fat: 25%

INGREDIENTS

1 oz SWISS CHEESE, LOWFAT
2 slice (thin) RYE BREAD, DIET
2 tbsp SALAD DRESSING, 1000 ISLAND, DIET
3 oz PASTRAMI
1 oz CORN CHIP, BLUE CORN, NO ADDED SALT
0.5 cup SAUERKRAUT, CANNED, BAVARIAN

DIRECTIONS

Heat the Pastrami and Sauerkraut. Toast Bread. Add pastrami, Sauerkraut, cheese and dressing. Serve with chips.

Nutrition Facts

Serving Size: 1 serving (331.8g)
Servings: 1

Amount Per Serving

Calories 410 Calories from Fat 100

% Daily Value*

Total Fat 11g **20%**

Saturated Fat 2.5g **10%**

Trans Fat 0g

Cholesterol 55mg **20%**

Sodium 1860mg **80%**

Total Carbohydrate 47g **15%**

Dietary Fiber 10g **40%**

Sugars 2g

Protein 29g

Vitamin A 0%



Vitamin C 0%

Calcium 30%



Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet.