

Baked Reuben Dip

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Yield: 8 cups

1 jar (32 ounce) sauerkraut, rinsed and well drained.

10 ounces sliced deli corned beef, chopped

2 cups (8 ounces) sharp cheddar cheese, shredded

2 cups (8 ounce) Swiss cheese, shredded

1 cup mayonnaise

1/4 cup Russian salad dressing

1 teaspoon caraway seeds (optional)

Rye crackers

Preparation Time: 10 minutes

Bake: 25 minutes

Preheat the oven to 350 degrees.

In a large bowl, mix the sauerkraut, corned beef, cheddar, Swiss, mayonnaise and Russian dressing. Stir in the caraway seeds.

Transfer to a greased 13x9-inch baking dish.

Bake for 25 to 30 minutes or until bubbly.

Serve with crackers.

Per Serving (excluding unknown items): 3690 Calories; 356g Fat (83.9% calories from fat); 126g Protein; 27g Carbohydrate; 6g Dietary Fiber; 534mg Cholesterol; 5339mg Sodium. Exchanges: 16 Lean Meat; 2 Vegetable; 39 Fat; 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	3690	Vitamin B6 (mg):	1.9mg
% Calories from Fat:	83.9%	Vitamin B12 (mcg):	6.4mcg
% Calories from Carbohydrates:	2.8%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	13.3%	Riboflavin B2 (mg):	1.7mg
Total Fat (g):	356g	Folacin (mcg):	135mcg
Saturated Fat (g):	119g	Niacin (mg):	1mg
Monounsaturated Fat (g):	95g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	113g	Alcohol (kcal):	0
Cholesterol (mg):	534mg	% Refuse:	0.0%
Carbohydrate (g):	27g		

Food Exchanges

Dietary Fiber (g): 6g
Protein (g): 126g
Sodium (mg): 5339mg
Potassium (mg): 1046mg
Calcium (mg): 3937mg
Iron (mg): 7mg
Zinc (mg): 17mg
Vitamin C (mg): 38mg
Vitamin A (i.u.): 5399IU
Vitamin A (r.e.): 1552RE

Grain (Starch): 0
Lean Meat: 16
Vegetable: 2
Fruit: 0
Non-Fat Milk: 0
Fat: 39
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 3690 **Calories from Fat:** 3096

% Daily Values*

Total Fat	356g	547%
Saturated Fat	119g	593%
Cholesterol	534mg	178%
Sodium	5339mg	222%
Total Carbohydrates	27g	9%
Dietary Fiber	6g	24%
Protein	126g	
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Vitamin A		108%
Vitamin C		64%
Calcium		394%
Iron		38%

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