



Asparagus Beef Bundles

 Gluten Free

READY IN



55 min.

SERVINGS



25

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 25 asparagus spears cut into 3-inch pieces thin
- 25 chives whole
- 0.8 cup cream cheese
- 1 tablespoon parsley fresh chopped
- 1.5 tablespoons horseradish prepared
- 1 pound deli roast beef thinly sliced

Equipment

- bowl

pot

plastic wrap

Directions

Bring a pot of water to a boil. Drop asparagus into boiling water and cook for 2 minutes; drain. Immediately plunge asparagus into a bowl of iced water.

Mix cream cheese, horseradish, parsley, and chopped chives in a bowl.

Lay thinly sliced beef onto a large sheet of waxed paper.

Spread cream cheese mixture over each roast beef slice.

Place one asparagus spear onto each slice so the tip overlaps an edge.

Roll beef slice around the the asparagus. Secure by tying a chive around the wrapped asparagus.

Arrange rolls on a plate and cover with plastic wrap; refrigerate at least 30 minutes.

Nutrition Facts

PROTEIN **37.34%** FAT **53.19%** CARBS **9.47%**

Properties

Glycemic Index:6.84, Glycemic Load:0.23, Inflammation Score:-3, Nutrition Score:4.0300000024878%

Flavonoids

Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 49.6kcal (2.48%), Fat: 3.01g (4.63%), Saturated Fat: 1.6g (10.01%), Carbohydrates: 1.21g (0.4%), Net Carbohydrates: 0.81g (0.29%), Sugar: 0.65g (0.72%), Cholesterol: 17.22mg (5.74%), Sodium: 298.67mg (12.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.51%), Vitamin C: 10.08mg (12.22%), Vitamin K: 11.56µg (11.01%), Vitamin B3: 1.52mg (7.61%), Calcium: 62.89mg (6.29%), Vitamin B12: 0.32µg (5.39%), Vitamin A: 269.44IU (5.39%), Zinc: 0.79mg (5.27%), Phosphorus: 51.58mg (5.16%), Vitamin B6: 0.09mg (4.66%), Iron: 0.76mg (4.23%), Vitamin B2: 0.06mg (3.65%), Selenium: 2.2µg (3.15%), Folate: 12.39µg (3.1%), Potassium: 98.17mg (2.8%), Copper: 0.05mg (2.32%), Vitamin B1: 0.03mg (2.24%), Magnesium: 7.41mg (1.85%), Manganese: 0.03mg (1.73%), Vitamin E: 0.24mg (1.62%), Fiber: 0.4g (1.58%), Vitamin B5: 0.14mg (1.42%)