

Asparagus Beef Roll-Ups

 **Gluten Free**

READY IN



20 min.

SERVINGS



12

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 36 asparagus fresh trimmed
- 8 ounces approx cream cheese spread
- 3 tablespoons horseradish prepared
- 10 ounces roast beef thinly sliced

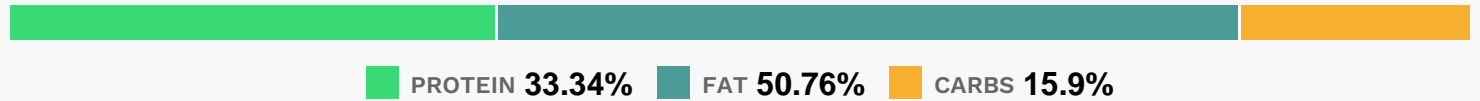
Equipment

- bowl
- frying pan
- paper towels

Directions

- In a large skillet, bring 1-1/2 cups water to a boil.
- Add asparagus; cover and boil for 2-3 minutes or until crisp-tender.
- Drain and immediately place asparagus in ice water.
- Drain and pat dry.
- In a small bowl, combine cream cheese and horseradish. Pat beef slices dry with paper towels.
- Spread each slice with a thin layer of cream cheese mixture; top with an asparagus spear.
- Roll up tightly. Refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:5.58, Glycemic Load:0.38, Inflammation Score:-5, Nutrition Score:6.7856521917426%

Flavonoids

Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg

Nutrients (% of daily need)

Calories: 86.62kcal (4.33%), Fat: 5.01g (7.7%), Saturated Fat: 2.94g (18.37%), Carbohydrates: 3.53g (1.18%), Net Carbohydrates: 2.4g (0.87%), Sugar: 1.79g (1.99%), Cholesterol: 25.18mg (8.39%), Sodium: 459.95mg (20%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.4g (14.8%), Vitamin K: 20.02µg (19.06%), Vitamin C: 14.25mg (17.28%), Vitamin B3: 2.24mg (11.2%), Vitamin A: 542.5IU (10.85%), Calcium: 102.45mg (10.24%), Iron: 1.54mg (8.55%), Zinc: 1.14mg (7.62%), Folate: 29.25µg (7.31%), Phosphorus: 71.72mg (7.17%), Vitamin B6: 0.14mg (7.05%), Vitamin B12: 0.4µg (6.69%), Vitamin B2: 0.1mg (5.74%), Copper: 0.11mg (5.47%), Vitamin B1: 0.08mg (5.3%), Potassium: 172.33mg (4.92%), Fiber: 1.13g (4.53%), Manganese: 0.09mg (4.25%), Selenium: 2.79µg (3.99%), Vitamin E: 0.54mg (3.62%), Magnesium: 12.69mg (3.17%), Vitamin B5: 0.21mg (2.06%)