



## Beef Bites with Creamy Horseradish Sauce

READY IN



20 min.

SERVINGS



24

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

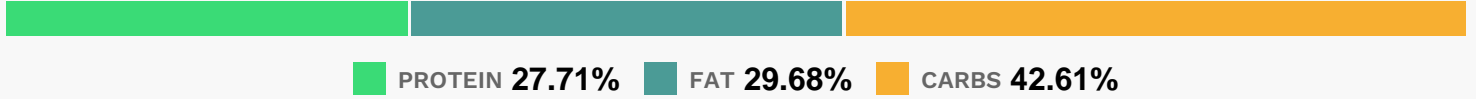
- 1 bread loaf french toasted cut into 24 slices,
- 1 cup knudsen cream sour
- 0.3 cup green onion
- 0.3 cup horseradish prepared kraft
- 1 lb pan drippings from roast beef preferably thinly sliced cut into 2-inch-wide strips

### Equipment

### Directions

- Mix sour cream and horseradish.
- Spread each toast slice with 1 tsp. of the sour cream mixture; top with 1 or 2 beef strips.
- Top evenly with the sour cream mixture; sprinkle with onions.

## Nutrition Facts



### Properties

Glycemic Index:6.15, Glycemic Load:6.75, Inflammation Score:-2, Nutrition Score:4.7682608521503%

### Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

### Nutrients (% of daily need)

Calories: 88.52kcal (4.43%), Fat: 2.94g (4.53%), Saturated Fat: 1.29g (8.03%), Carbohydrates: 9.51g (3.17%), Net Carbohydrates: 9.03g (3.28%), Sugar: 1.32g (1.47%), Cholesterol: 16.43mg (5.48%), Sodium: 398.41mg (17.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.18g (12.37%), Vitamin C: 9.41mg (11.41%), Vitamin B3: 2.23mg (11.16%), Selenium: 6.46µg (9.23%), Vitamin B1: 0.13mg (8.64%), Calcium: 73.41mg (7.34%), Vitamin B2: 0.11mg (6.59%), Phosphorus: 62.42mg (6.24%), Folate: 24.89µg (6.22%), Zinc: 0.91mg (6.08%), Iron: 1.08mg (6.01%), Vitamin B12: 0.34µg (5.69%), Vitamin B6: 0.1mg (4.99%), Manganese: 0.1mg (4.84%), Magnesium: 11.14mg (2.79%), Potassium: 93.42mg (2.67%), Vitamin K: 2.45µg (2.33%), Copper: 0.04mg (2.13%), Fiber: 0.48g (1.91%), Vitamin B5: 0.15mg (1.48%), Vitamin A: 70.14IU (1.4%)