



## Beef Salad Sandwich Filling

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



4

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup beef cooked chopped
- 1 carrots diced
- 2 stalks celery chopped
- 0.1 teaspoon garlic powder
- 0.1 teaspoon ground pepper black
- 3 tablespoons mayonnaise
- 0.3 cup onion chopped
- 0.3 teaspoon salt

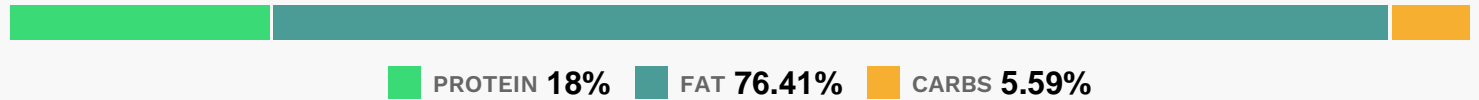
# Equipment

bowl

# Directions

Stir beef, celery, carrot, onion, mayonnaise, salt, black pepper, and garlic powder in a bowl until thoroughly combined.

# Nutrition Facts



# Properties

Glycemic Index:48.21, Glycemic Load:0.82, Inflammation Score:-9, Nutrition Score:9.5173914121545%

# Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

# Nutrients (% of daily need)

Calories: 227.79kcal (11.39%), Fat: 19.19g (29.52%), Saturated Fat: 5.56g (34.77%), Carbohydrates: 3.16g (1.05%), Net Carbohydrates: 2.22g (0.81%), Sugar: 1.48g (1.64%), Cholesterol: 44.35mg (14.78%), Sodium: 276.7mg (12.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.17g (20.34%), Vitamin A: 2644.83IU (52.9%), Vitamin K: 26.14µg (24.9%), Vitamin B12: 1.22µg (20.27%), Zinc: 2.45mg (16.34%), Vitamin B3: 2.6mg (13.02%), Selenium: 8.85µg (12.64%), Vitamin B6: 0.23mg (11.61%), Phosphorus: 104.6mg (10.46%), Potassium: 271.35mg (7.75%), Iron: 1.23mg (6.85%), Vitamin B2: 0.11mg (6.38%), Vitamin E: 0.73mg (4.89%), Folate: 16.51µg (4.13%), Vitamin B5: 0.41mg (4.05%), Fiber: 0.94g (3.77%), Magnesium: 14.88mg (3.72%), Manganese: 0.07mg (3.55%), Vitamin B1: 0.04mg (2.97%), Copper: 0.06mg (2.78%), Vitamin C: 2.26mg (2.74%), Calcium: 26.74mg (2.67%)