



## Beef Tenderloin Cocktail Sandwiches With Flavored Butters

READY IN



45 min.

SERVINGS



36

CALORIES



272 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 crusty baguette
- 1 Fillet chicken breast meat
- 36 servings butter
- 36 servings butter
- 36 servings cheese blue
- 36 servings butter red
- 3 smooth almond butter flavored (options below)
- 36 servings roasted garlic

# Equipment

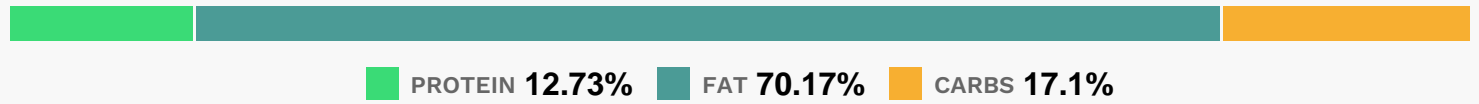
bread knife

# Directions

Slice the baguettes in half lengthwise.

Spread a flavored butter on both cut sides of each baguette and arrange thin slices of beef on one half before putting the sandwich together. Use a serrated bread knife to slice each baguette into about 12 mini sandwiches.

# Nutrition Facts



# Properties

Glycemic Index:7.74, Glycemic Load:7.35, Inflammation Score:-4, Nutrition Score:6.4930434589801%

# Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

# Nutrients (% of daily need)

Calories: 272.42kcal (13.62%), Fat: 21.41g (32.93%), Saturated Fat: 13.44g (84%), Carbohydrates: 11.74g (3.91%), Net Carbohydrates: 11.23g (4.08%), Sugar: 1.17g (1.3%), Cholesterol: 54.76mg (18.25%), Sodium: 571mg (24.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.74g (17.48%), Calcium: 189.6mg (18.96%), Phosphorus: 144.58mg (14.46%), Selenium: 8.52µg (12.16%), Vitamin A: 604.02IU (12.08%), Vitamin B2: 0.19mg (11.22%), Vitamin B1: 0.14mg (9.12%), Folate: 33.68µg (8.42%), Manganese: 0.15mg (7.57%), Zinc: 1.01mg (6.76%), Vitamin B12: 0.39µg (6.53%), Vitamin B3: 1.28mg (6.42%), Vitamin B5: 0.63mg (6.32%), Vitamin B6: 0.11mg (5.47%), Iron: 0.87mg (4.83%), Magnesium: 13.61mg (3.4%), Potassium: 118.99mg (3.4%), Vitamin E: 0.51mg (3.37%), Copper: 0.05mg (2.35%), Vitamin K: 2.45µg (2.33%), Fiber: 0.51g (2.04%), Vitamin C: 0.94mg (1.13%)