



Bistro Beef Bites

READY IN



25 min.

SERVINGS



16

CALORIES



219 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounces cream cheese softened
- 1 tablespoon horseradish prepared
- 16 slices bread french
- 0.3 pound pan drippings from roast beef preferably sliced
- 6 tablespoons cream sour
- 8 grape tomatoes halved
- 16 sprigs parsley fresh
- 1 Dash salt and pepper

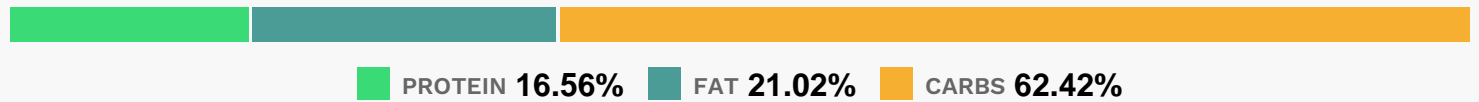
Equipment

bowl

Directions

- In a small bowl, combine cream cheese and horseradish.
- Spread over bread slices. Top each with beef, sour cream, a tomato half and a parsley sprig.
- Sprinkle with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:13.28, Glycemic Load:25.83, Inflammation Score:-5, Nutrition Score:10.286956527959%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 218.64kcal (10.93%), Fat: 5.14g (7.91%), Saturated Fat: 2.31g (14.46%), Carbohydrates: 34.34g (11.45%), Net Carbohydrates: 32.76g (11.91%), Sugar: 3.68g (4.09%), Cholesterol: 13.85mg (4.62%), Sodium: 522.94mg (22.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.11g (18.22%), Vitamin B1: 0.46mg (30.95%), Selenium: 19.58µg (27.97%), Folate: 83.6µg (20.9%), Vitamin B3: 3.69mg (18.45%), Vitamin B2: 0.31mg (18.16%), Manganese: 0.35mg (17.52%), Vitamin K: 17.75µg (16.9%), Iron: 2.75mg (15.28%), Phosphorus: 94.79mg (9.48%), Vitamin C: 5.96mg (7.22%), Calcium: 67.3mg (6.73%), Zinc: 1mg (6.7%), Fiber: 1.57g (6.3%), Magnesium: 24.74mg (6.19%), Copper: 0.11mg (5.57%), Vitamin A: 278.28IU (5.57%), Vitamin B6: 0.11mg (5.55%), Potassium: 137.7mg (3.93%), Vitamin B5: 0.3mg (3.03%), Vitamin B12: 0.15µg (2.43%), Vitamin E: 0.27mg (1.77%)