

Taste of Home

Corned Beef Roll-Ups

READY IN



20 min.

SERVINGS



36

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounces cream cheese softened
- 1 tablespoon onion finely chopped
- 1 teaspoon worcestershire sauce
- 0.1 teaspoon salt
- 0.1 teaspoon pepper
- 1 Dash hot sauce hot
- 5 ounces corned beef ribs
- 1 serving round buttery crackers assorted

Equipment

bowl

Directions

- In a large bowl, beat cream cheese until smooth.
- Add the onion, Worcestershire sauce, salt, pepper and hot pepper sauce; mix well.
- Place two slices of corned beef on waxed paper.
- Spread 2 teaspoons cream cheese mixture over each slice. Stack one slice of corned beef on top of the other.
- Roll up tightly; wrap in plastic. Repeat with remaining beef and cream cheese mixture. Refrigerate for at least 1 hour or until firm.
- Cut into 1-in. slices.
- Serve on crackers.

Nutrition Facts



PROTEIN 12.32% **FAT 79.09%** **CARBS 8.59%**

Properties

Glycemic Index:2.39, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:0.71869565125393%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 32.29kcal (1.61%), Fat: 2.86g (4.4%), Saturated Fat: 1.48g (9.27%), Carbohydrates: 0.7g (0.23%), Net Carbohydrates: 0.68g (0.25%), Sugar: 0.3g (0.34%), Cholesterol: 8.49mg (2.83%), Sodium: 81.95mg (3.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (2%), Selenium: 1.31µg (1.88%), Vitamin A: 84.79IU (1.7%), Vitamin B12: 0.08µg (1.4%), Vitamin C: 1.11mg (1.34%), Vitamin B2: 0.02mg (1.3%), Phosphorus: 12.75mg (1.28%)