



Corned Beef & Swiss Appetizers

READY IN



23 min.

SERVINGS



18

CALORIES



235 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 lb corned beef ribs chopped
- 8 oz philadelphia cream cheese softened
- 2 tsp grey poupon dijon mustard
- 2 Tbsp green onion chopped
- 36 slices cocktail rye bread toasted
- 0.5 cup swiss cheese shredded kraft

Equipment

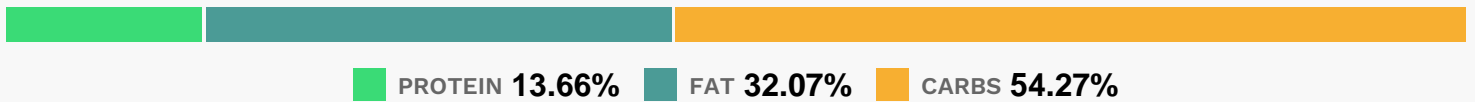
- bowl

- baking sheet
- hand mixer
- broiler

Directions

- Preheat broiler. Beat cream cheese and mustard in medium bowl with electric mixer on medium speed until well blended.
- Add corned beef, Swiss cheese and onion; mix well.
- Spread evenly onto toast slices.
- Place on baking sheet.
- Broil 2 to 3 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:9.46, Glycemic Load:14.45, Inflammation Score:-4, Nutrition Score:9.5908695303875%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 234.68kcal (11.73%), Fat: 8.34g (12.82%), Saturated Fat: 3.79g (23.7%), Carbohydrates: 31.74g (10.58%), Net Carbohydrates: 27.98g (10.18%), Sugar: 2.96g (3.29%), Cholesterol: 18.92mg (6.31%), Sodium: 513.92mg (22.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.99g (15.97%), Selenium: 23.15µg (33.07%), Manganese: 0.53mg (26.68%), Vitamin B1: 0.29mg (19.01%), Folate: 72.58µg (18.15%), Vitamin B2: 0.26mg (15.49%), Fiber: 3.75g (15.01%), Vitamin B3: 2.68mg (13.41%), Phosphorus: 118.92mg (11.89%), Iron: 1.95mg (10.86%), Calcium: 86.91mg (8.69%), Zinc: 1.11mg (7.4%), Magnesium: 29.01mg (7.25%), Copper: 0.13mg (6.53%), Potassium: 146.39mg (4.18%), Vitamin A: 205.64IU (4.11%), Vitamin B5: 0.4mg (4.04%), Vitamin B12: 0.23µg (3.84%), Vitamin B6: 0.08mg (3.81%), Vitamin C: 2.08mg (2.53%), Vitamin K: 2.46µg (2.35%), Vitamin E: 0.34mg (2.29%)