



Garlic-Horseradish Roast Beef Crisps

READY IN



15 min.

SERVINGS



24

CALORIES



24 kcal

Ingredients

- ☐ 0.3 cup cream light sour
- ☐ 0.5 teaspoon horseradish prepared
- ☐ 0.3 teaspoon dijon mustard
- ☐ 24 round buttery crackers low-fat
- ☐ 0.3 lb pan drippings from roast beef preferably cooked cut into 6 strips (from deli)
- ☐ 1 tablespoon parsley fresh chopped

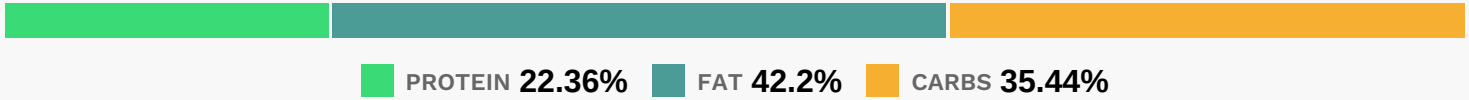
Equipment

- ☐ bowl

Directions

- ☐ In small bowl, combine sour cream, horseradish and mustard; blend well.
- ☐ Place 1 roast beef strip on each Melba round. Top each with about 1/2 teaspoon sour cream mixture.
- ☐ Sprinkle each with parsley. Arrange on serving platter.

Nutrition Facts



Properties

Glycemic Index:4.13, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.1630434963204%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 23.83kcal (1.19%), Fat: 1.12g (1.72%), Saturated Fat: 0.38g (2.37%), Carbohydrates: 2.11g (0.7%), Net Carbohydrates: 2.03g (0.74%), Sugar: 0.26g (0.29%), Cholesterol: 3.53mg (1.18%), Sodium: 100.66mg (4.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.67%), Vitamin K: 4.25µg (4.05%), Vitamin C: 2.4mg (2.9%), Vitamin B3: 0.5mg (2.51%), Calcium: 21.55mg (2.15%), Phosphorus: 19.2mg (1.92%), Vitamin B12: 0.09µg (1.51%), Iron: 0.25mg (1.37%), Zinc: 0.2mg (1.36%), Vitamin B1: 0.02mg (1.11%), Vitamin B6: 0.02mg (1.07%)