



Garlic-Horseradish Roast Beef Crisps

 Gluten Free

READY IN



15 min.

SERVINGS



24

CALORIES



14 kcal

Ingredients

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

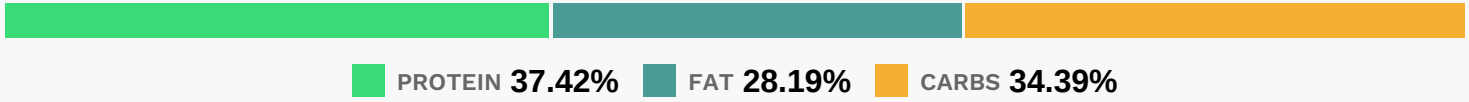
Equipment

- ☐ 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:5.38, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:1.2069565176802%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 13.54kcal (0.68%), Fat: 0.44g (0.67%), Saturated Fat: 0.22g (1.36%), Carbohydrates: 1.2g (0.4%), Net Carbohydrates: 1.13g (0.41%), Sugar: 0.05g (0.05%), Cholesterol: 3.53mg (1.18%), Sodium: 74.71mg (3.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.62%), Vitamin C: 3.33mg (4.04%), Vitamin B6: 0.06mg (2.84%), Vitamin K: 2.8µg (2.67%), Manganese: 0.05mg (2.58%), Calcium: 22.36mg (2.24%), Vitamin B3: 0.38mg (1.88%), Phosphorus: 15.6mg (1.56%), Vitamin B12: 0.09µg (1.51%), Zinc: 0.22mg (1.47%), Selenium: 0.84µg (1.2%)