



Horseradish-Dijon Pretzel Poppers

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz cream cheese soft
- 2 teaspoons dijon mustard
- 1 tablespoon green onions finely chopped
- 0.5 teaspoon horseradish prepared
- 20 sticks honey wheat pretzel (3-inch)
- 20 slices oscar mayer deli-fresh roast beef shaved

Equipment

- bowl

Directions

- Stir together first 4 ingredients in a small bowl until well blended.
- Spread about 1 tsp. cream cheese mixture evenly onto 1 side of each roast beef slice; top each slice with 1 pretzel stick, and roll up.
- Serve immediately, or chill up to 1 hour.

Nutrition Facts

PROTEIN 8.33% **FAT 78.33%** **CARBS 13.34%**

Properties

Glycemic Index:11.88, Glycemic Load:0.81, Inflammation Score:-1, Nutrition Score:0.99478260848833%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 59.19kcal (2.96%), Fat: 5.27g (8.11%), Saturated Fat: 3.07g (19.2%), Carbohydrates: 2.02g (0.67%), Net Carbohydrates: 1.97g (0.72%), Sugar: 1.7g (1.88%), Cholesterol: 16.03mg (5.34%), Sodium: 75.69mg (3.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.52%), Vitamin A: 207.52IU (4.15%), Selenium: 1.63µg (2.33%), Vitamin B2: 0.04mg (2.22%), Phosphorus: 19.72mg (1.97%), Calcium: 19.28mg (1.93%), Vitamin K: 1.16µg (1.1%)