



## Kick-Off Beef Pretzel Poppers

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 oz cream cheese soft
- 1 pinch garlic powder
- 0.5 Tbsp pickled jalapeño pepper minced
- 20 sticks honey wheat pretzel (3-inch)
- 20 slices oscar mayer deli-fresh roast beef shaved
- 2 oz sharp cheddar cheese shredded finely




### 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.
- Horseradish–Dijon Pretzel Poppers: Omit shredded Cheddar cheese, jalapeo pepper slices, and garlic powder. Stir together cream cheese, 1 Tbsp. finely chopped green onions, 1/2 tsp. prepared horseradish, and 2 tsp. Dijon mustard until blended. Proceed with recipe as directed.

## Nutrition Facts

 **PROTEIN 11.17%**  **FAT 77.88%**  **CARBS 10.95%**

## Properties

Glycemic Index:9.55, Glycemic Load:0.83, Inflammation Score:-2, Nutrition Score:1.409565228159%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 74.16kcal (3.71%), Fat: 6.53g (10.05%), Saturated Fat: 3.8g (23.73%), Carbohydrates: 2.07g (0.69%), Net Carbohydrates: 2.05g (0.75%), Sugar: 1.7g (1.88%), Cholesterol: 19.81mg (6.6%), Sodium: 92.34mg (4.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.22%), Vitamin A: 246.32IU (4.93%), Calcium: 45.27mg (4.53%), Phosphorus: 36.27mg (3.63%), Selenium: 2.47µg (3.53%), Vitamin B2: 0.05mg (3.17%), Zinc: 0.27mg (1.78%), Vitamin B12: 0.1µg (1.6%), Vitamin C: 1.2mg (1.45%), Vitamin E: 0.18mg (1.18%), Vitamin B5: 0.11mg (1.08%)