



## Mini Roast Beef Sandwiches

READY IN



20 min.

SERVINGS



16

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 avocado peeled thinly sliced
- 8 oz cream cheese spread
- 2 tablespoons horseradish prepared
- 4 large to 6 leaf lettuce leaves green
- 8 4-inch pita rounds miniature cut in half ()
- 0.5 small onion red thinly sliced
- 0.8 pound deli roast beef thinly sliced

### Equipment

## Directions

- Stir together cream cheese and horseradish until well blended.
- Spread cream cheese mixture evenly inside pita halves (about 2 tsp. each). Stuff pita halves evenly with lettuce, roast beef, onion slices, and avocado slices.

## Nutrition Facts

**PROTEIN 23.02%** **FAT 65.9%** **CARBS 11.08%**

## Properties

Glycemic Index:14.13, Glycemic Load:0.69, Inflammation Score:-4, Nutrition Score:4.9473912404931%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

## Nutrients (% of daily need)

Calories: 99.42kcal (4.97%), Fat: 7.49g (11.53%), Saturated Fat: 3.39g (21.19%), Carbohydrates: 2.83g (0.94%), Net Carbohydrates: 1.81g (0.66%), Sugar: 0.94g (1.04%), Cholesterol: 26.44mg (8.81%), Sodium: 377.09mg (16.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.89g (11.78%), Vitamin C: 11.88mg (14.4%), Vitamin A: 477.25IU (9.54%), Vitamin B3: 1.85mg (9.23%), Calcium: 78.37mg (7.84%), Vitamin K: 7.54µg (7.18%), Vitamin B6: 0.13mg (6.71%), Phosphorus: 65.85mg (6.58%), Vitamin B12: 0.39µg (6.54%), Zinc: 0.95mg (6.34%), Vitamin B2: 0.08mg (4.7%), Potassium: 156.44mg (4.47%), Folate: 16.61µg (4.15%), Fiber: 1.02g (4.08%), Selenium: 2.79µg (3.98%), Vitamin B5: 0.33mg (3.32%), Iron: 0.58mg (3.25%), Magnesium: 10.84mg (2.71%), Vitamin E: 0.39mg (2.61%), Copper: 0.05mg (2.28%), Manganese: 0.04mg (2.09%), Vitamin B1: 0.03mg (1.79%)