



RITZ Pastrami and Corned Beef Mini Sandwich



Dairy Free



Popular

READY IN



15 min.

SERVINGS



10

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon coarse salt
- ☐ 0.4 oz deli- corned beef
- ☐ 2 teaspoons catsup
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 2 tablespoons mayonnaise
- ☐ 0.4 oz deli- pastrami
- ☐ 1 Dash pepper freshly ground
- ☐ 2 teaspoons relish

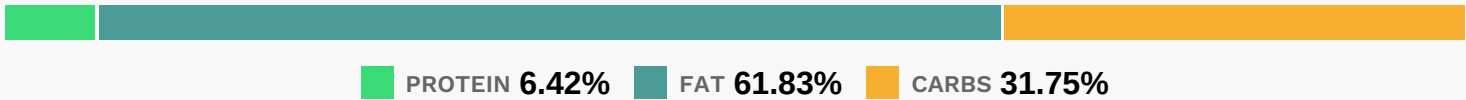
- ☐ 20 ritz crackers
- ☐ 0.5 teaspoon worcestershire sauce

Equipment

Directions

- ☐ To make Russian Dressing, blend together the mayonnaise, ketchup, relish, lemon juice, Worcestershire sauce, salt, and pepper. Stir until smooth.
- ☐ Place 10 RITZ Crackers on tray. Put about 1/4 tsp Russian dressing onto each cracker.
- ☐ Cut corned beef and pastrami deli slices in half vertically.
- ☐ Put two pieces each of corned beef and pastrami on each cracker.
- ☐ Top with additional 1/4 tsp Russian dressing and remaining crackers to form sandwich.

Nutrition Facts



Properties

Glycemic Index:8.2, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.30999999997927%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 55.9kcal (2.8%), Fat: 3.85g (5.93%), Saturated Fat: 0.78g (4.86%), Carbohydrates: 4.45g (1.48%), Net Carbohydrates: 4.29g (1.56%), Sugar: 0.77g (0.85%), Cholesterol: 2.49mg (0.83%), Sodium: 150.92mg (6.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Vitamin K: 7.61µg (7.25%), Vitamin B1: 0.04mg (2.33%), Phosphorus: 21.64mg (2.16%), Vitamin E: 0.32mg (2.14%), Vitamin B3: 0.41mg (2.04%), Iron: 0.34mg (1.87%), Manganese: 0.04mg (1.78%), Vitamin B2: 0.02mg (1.37%), Folate: 4.83µg (1.21%), Selenium: 0.82µg (1.18%), Calcium: 10.25mg (1.03%)