



## Roast Beef Cocktail Sandwiches with Herb Butter

READY IN



45 min.

SERVINGS



24

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 crusty baguette
- 0.3 cup parsley fresh finely chopped
- 0.3 teaspoon kosher salt
- 0.8 pound frangelico thinly sliced
- 1 stick butter unsalted at room temperature

### Equipment

- bowl

serrated knife

## Directions

- In a small bowl, combine the butter, horseradish, parsley, and salt.
- Cut each baguette in half lengthwise.
- Spread the butter on both sides of each baguette. Arrange the beef on the bottom half of the baguette. Sandwich with the top half of the baguette. Use a serrated knife to slice each baguette into 12 portions.

## Nutrition Facts

**PROTEIN 9.26%** **FAT 44.96%** **CARBS 45.78%**

## Properties

Glycemic Index:4.32, Glycemic Load:6.88, Inflammation Score:-2, Nutrition Score:2.91956525134%

## Flavonoids

Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg

## Nutrients (% of daily need)

Calories: 87.94kcal (4.4%), Fat: 4.39g (6.76%), Saturated Fat: 2.53g (15.83%), Carbohydrates: 10.06g (3.35%), Net Carbohydrates: 9.61g (3.49%), Sugar: 0.99g (1.09%), Cholesterol: 10.12mg (3.37%), Sodium: 153.84mg (6.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.07%), Vitamin K: 11.2µg (10.67%), Vitamin B1: 0.12mg (8.13%), Folate: 23.38µg (5.85%), Selenium: 3.63µg (5.19%), Manganese: 0.1mg (4.9%), Vitamin B3: 0.96mg (4.78%), Iron: 0.76mg (4.21%), Vitamin B2: 0.07mg (4.06%), Vitamin A: 170.31IU (3.41%), Calcium: 23.88mg (2.39%), Phosphorus: 21.28mg (2.13%), Fiber: 0.46g (1.83%), Magnesium: 5.82mg (1.46%), Copper: 0.03mg (1.35%), Zinc: 0.18mg (1.17%), Vitamin E: 0.17mg (1.16%), Vitamin B6: 0.02mg (1.12%), Vitamin C: 0.83mg (1.01%)