



Rose Beef Bites with Horseradish Cream

READY IN



45 min.

SERVINGS



18

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 small baguette
- ☐ 2 tablespoons butter melted
- ☐ 0.5 cup crème fraîche sour
- ☐ 1 tablespoon horseradish grated
- ☐ 9 slices rare roast beef thin
- ☐ 18 servings salt and pepper black
- ☐ 18 watercress leaves

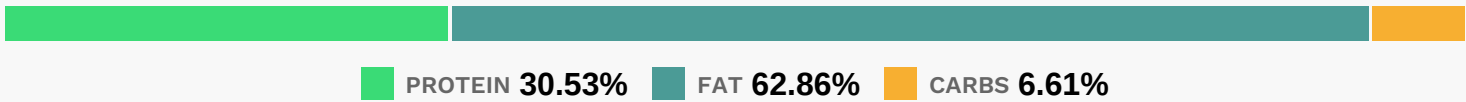
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 350°F. Slice the baguette into 18 thin circles.
- ☐ Brush both sides of each slice with melted butter.
- ☐ Place the baguette circles on a baking sheet and toast them in the oven for about 7–10 minutes, turning halfway through, until brown, then let cool.
- ☐ To make the horseradish cream, combine the crème fraîche or sour cream with the horseradish and season to taste. When the baguette circles have cooled, place a spoonful of horseradish cream on top of each one.
- ☐ Cut each slice of beef in half lengthwise, then roll it up to form a pretty rose spiral.
- ☐ Place a roll of beef on top of each baguette circle, then garnish with watercress leaves.
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Nutrition Facts



Properties

Glycemic Index:10.49, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:2.1713043101456%

Flavonoids

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 42.55kcal (2.13%), Fat: 3.01g (4.64%), Saturated Fat: 1.62g (10.11%), Carbohydrates: 0.71g (0.24%), Net Carbohydrates: 0.67g (0.24%), Sugar: 0.31g (0.35%), Cholesterol: 15.09mg (5.03%), Sodium: 423.82mg (18.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.59%), Vitamin C: 6.99mg (8.48%), Vitamin B3: 1.08mg (5.39%), Calcium: 48.4mg (4.84%), Vitamin B12: 0.25µg (4.23%), Zinc: 0.54mg (3.61%), Phosphorus: 33.63mg

(3.36%), Vitamin B6: 0.06mg (3.06%), Vitamin K: 2.73µg (2.6%), Vitamin A: 110.6IU (2.21%), Selenium: 1.32µg (1.88%),
Vitamin B2: 0.03mg (1.86%), Iron: 0.33mg (1.81%), Potassium: 53.64mg (1.53%), Magnesium: 4.19mg (1.05%)