



Rye Tombstones

READY IN



45 min.

SERVINGS



30

CALORIES



172 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon garlic salt
- ☐ 1 pound ground beef
- ☐ 1 pound sausage meat
- ☐ 30 servings olives sliced
- ☐ 1 teaspoon oregano dried
- ☐ 30 servings bell pepper green
- ☐ 1 pound creamy pimiento cheese cubed
- ☐ 1 loaf cocktail rye bread sliced
- ☐ 0.5 teaspoon worcestershire sauce

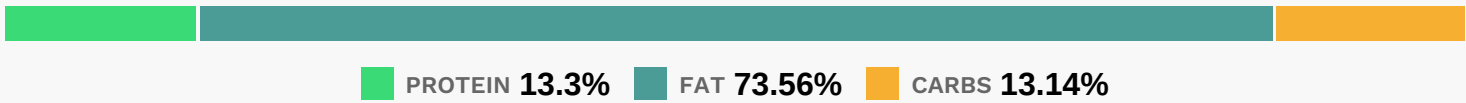
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Brown beef and sausage in a skillet over medium heat; drain.
- ☐ Add remaining ingredients except bread; mix well and stir until cheese is melted. Arrange bread slices on ungreased baking sheets.
- ☐ Spread with beef mixture. Top with pepper strips and olives to spell R-I-P.
- ☐ Bake at 350 degrees for 20 minutes. Rounds may be reheated in the oven as needed; cover with aluminum foil before reheating.

Nutrition Facts



Properties

Glycemic Index:3.18, Glycemic Load:0.18, Inflammation Score:-5, Nutrition Score:7.6295652959658%

Flavonoids

Luteolin: 2.91mg, Luteolin: 2.91mg, Luteolin: 2.91mg, Luteolin: 2.91mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 172.33kcal (8.62%), Fat: 13.77g (21.19%), Saturated Fat: 4.31g (26.91%), Carbohydrates: 5.53g (1.84%), Net Carbohydrates: 3.83g (1.39%), Sugar: 2.92g (3.25%), Cholesterol: 29.87mg (9.96%), Sodium: 617.05mg (26.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.21%), Vitamin C: 48.95mg (59.33%), Vitamin B6: 0.24mg (11.77%), Vitamin A: 448.74IU (8.97%), Vitamin B3: 1.69mg (8.44%), Calcium: 76.63mg (7.66%), Vitamin B12: 0.45µg (7.53%), Vitamin E: 1.09mg (7.23%), Zinc: 1.05mg (6.99%), Fiber: 1.7g (6.81%), Vitamin B1: 0.09mg (5.77%), Phosphorus: 57.2mg (5.72%), Potassium: 192.55mg (5.5%), Vitamin K: 5.43µg (5.17%), Iron: 0.79mg (4.4%), Copper: 0.08mg (4.16%), Manganese: 0.08mg (3.93%), Selenium: 2.46µg (3.52%), Vitamin B2: 0.06mg (3.5%), Magnesium:

13.04mg (3.26%), Vitamin B5: 0.24mg (2.42%), Folate: 7.96µg (1.99%), Vitamin D: 0.21µg (1.41%)