



Salt beef on rye bread with mustard sauce

 Dairy Free

READY IN



10 min.

SERVINGS



18

CALORIES



36 kcal

Ingredients

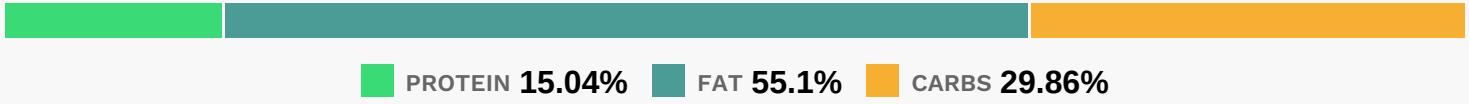
- ☐ 3 slices cocktail rye bread dark
- ☐ 2 tbsp dijon mustard
- ☐ 2 tbsp mayonnaise
- ☐ 100 g corned beef ribs
- ☐ 9 pickled cucumbers / gherkins

Equipment

Directions

- ☐
- Cut the rye bread into 18 squares in total.
- ☐
- Mix the mustard and mayonnaise and spread a little on each square of rye.
- ☐
- Cut the salt beef into 18 pieces and the cornichons in half. Top each rye square with a piece of beef and a cornichon half.

Nutrition Facts



Properties

Glycemic Index:7.46, Glycemic Load:1.2, Inflammation Score:-1, Nutrition Score:1.4113043247034%

Nutrients (% of daily need)

Calories: 36.31kcal (1.82%), Fat: 2.21g (3.4%), Saturated Fat: 0.48g (3%), Carbohydrates: 2.69g (0.9%), Net Carbohydrates: 2.31g (0.84%), Sugar: 0.24g (0.27%), Cholesterol: 3.64mg (1.21%), Sodium: 133.88mg (5.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.71%), Selenium: 3.31µg (4.72%), Vitamin K: 2.82µg (2.69%), Manganese: 0.05mg (2.61%), Vitamin B3: 0.42mg (2.08%), Vitamin B1: 0.03mg (1.92%), Vitamin C: 1.53mg (1.86%), Vitamin B12: 0.1µg (1.68%), Vitamin B2: 0.03mg (1.65%), Folate: 6.34µg (1.59%), Zinc: 0.23mg (1.55%), Fiber: 0.39g (1.55%), Iron: 0.28mg (1.54%), Phosphorus: 15.36mg (1.54%), Vitamin B6: 0.02mg (1.07%)