



Spicy Beef Melts

READY IN



15 min.

SERVINGS



6

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp knudsen cream sour
- 1 Tbsp fried onions french canned
- 2 tsp a.1. original sauce
- 3 oz pepper jack cheese cut into 12 pieces kraft
- 12 ritz crackers
- 3 slices oscar mayer deli slow roasted roast beef fresh quartered

Equipment

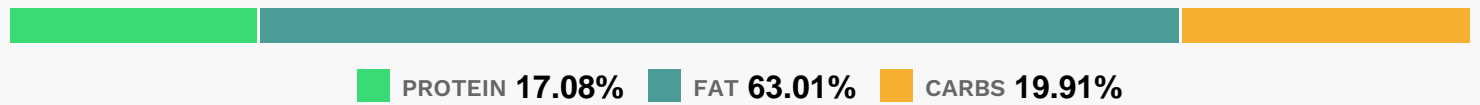
- baking sheet

oven

Directions

- Heat oven to 350F.
- Place crackers in single layer on baking sheet; top with meat and cheese.
- Bake 4 to 5 min. or until cheese begins to melt. Meanwhile, mix sour cream and steak sauce.
- Top crackers with sour cream mixture and onions.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:2.4734782550646%

Nutrients (% of daily need)

Calories: 96.59kcal (4.83%), Fat: 6.77g (10.41%), Saturated Fat: 3.57g (22.29%), Carbohydrates: 4.81g (1.6%), Net Carbohydrates: 4.67g (1.7%), Sugar: 1.08g (1.2%), Cholesterol: 15.26mg (5.09%), Sodium: 171.59mg (7.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.26%), Calcium: 120.42mg (12.04%), Phosphorus: 83.32mg (8.33%), Vitamin B2: 0.08mg (4.62%), Selenium: 2.51µg (3.59%), Zinc: 0.49mg (3.29%), Vitamin K: 3.41µg (3.25%), Vitamin A: 133.92IU (2.68%), Vitamin B12: 0.13µg (2.24%), Iron: 0.38mg (2.13%), Vitamin B1: 0.03mg (1.98%), Folate: 7.16µg (1.79%), Vitamin E: 0.26mg (1.74%), Vitamin B3: 0.35mg (1.73%), Manganese: 0.03mg (1.72%), Magnesium: 5.47mg (1.37%)