



Zesty Roast Beef Bites

 Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2.3 tsp horseradish prepared kraft
- 9 ritz crackers low sodium
- 2 oz pan drippings from roast beef preferably cut into 9 pieces

Equipment

Directions

- Top each cracker with 1 roast beef piece and 1/4 tsp. horseradish; sprinkle lightly with parsley.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.1078261059263%

Nutrients (% of daily need)

Calories: 41.26kcal (2.06%), Fat: 1.67g (2.56%), Saturated Fat: 0.43g (2.7%), Carbohydrates: 3.72g (1.24%), Net Carbohydrates: 3.52g (1.28%), Sugar: 0.62g (0.69%), Cholesterol: 6.46mg (2.15%), Sodium: 227.74mg (9.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.76%), Vitamin C: 5.66mg (6.86%), Vitamin B3: 1.11mg (5.57%), Calcium: 41.33mg (4.13%), Phosphorus: 37.33mg (3.73%), Vitamin B12: 0.19µg (3.21%), Zinc: 0.46mg (3.07%), Iron: 0.49mg (2.72%), Vitamin K: 2.73µg (2.6%), Vitamin B6: 0.05mg (2.51%), Vitamin B1: 0.03mg (1.94%), Manganese: 0.03mg (1.71%), Vitamin B2: 0.03mg (1.69%), Folate: 6.2µg (1.55%), Selenium: 1.07µg (1.53%), Vitamin E: 0.19mg (1.26%), Potassium: 43.71mg (1.25%)