

Roast Beef Tea Sandwiches

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Servings: 8

4 tablespoons sour cream
1 1/2 teaspoons prepared horseradish
1 teaspoon snipped fresh chives
Kosher salt
ground black pepper
8 slices thinly sliced firm-textured rye bread
2 tablespoons butter, softened
8 thin slices (5 ounces) deli-style roast beef

Preparation Time: 15 minutes

Chill: 1 hour

In a bowl, combine the sour cream, horseradish and chives. Season with salt and pepper.

Spread each slice of bread with butter. Spread four of the buttered slices with horseradish mixture. Top with the roast beef. Top with the remaining bread, buttered side down.

Trim the crusts from the bread. Cut each sandwich diagonally into two triangles. (The sandwiches can be chilled, covered tightly with plastic wrap, for about one hour before serving.)

This recipe makes eight bite-size sandwiches.

Per Serving (excluding unknown items): 41 Calories; 4g Fat (93.5% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 11mg Cholesterol; 36mg Sodium. Exchanges: 0 Lean Meat; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	41
% Calories from Fat:	93.5%
% Calories from Carbohydrates:	3.9%
% Calories from Protein:	2.5%
Total Fat (g):	4g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	11mg
Carbohydrate (g):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	1mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	36mg	Vegetable:	0
Potassium (mg):	14mg	Fruit:	0
Calcium (mg):	10mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	1
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	trace		
Vitamin A (i.u.):	165IU		
Vitamin A (r.e.):	44RE		

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 41 Calories from Fat: 39

% Daily Values*

Total Fat	4g	7%
Saturated Fat	3g	14%
Cholesterol	11mg	4%
Sodium	36mg	2%
Total Carbohydrates	trace	0%
Dietary Fiber	trace	0%
Protein	trace	

Vitamin A	3%
Vitamin C	0%
Calcium	1%
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet.