

Mini Roast Beef and Beet Tarts

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Yield: 15 minitarts

1 box (15 each) frozen phyllo mini-tarts

deli-sliced roast beef

3 tablespoons sour cream

2 teaspoons drained horseradish

salt

pepper

diced pickled beets (for garnish)

chopped dill (for garnish)

Preheat the oven to 375 degrees.

Place the frozen mini-tarts on a parchment-lined baking sheet.

Bake the tarts until browned and crisp (about 5 minutes). Remove to a platter to cool.

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

Fill the prebaked tarts with roast beef.

Top the roast beef with the horseradish cream.

Garnish with the beets and chopped dill.

Refrigerate until served.

Start to Finish Time: 20 minutes

You may buy boxes of 15 frozen mini-tarts in your grocers frozen dessert section.

Per Serving (excluding unknown items): 92 Calories; 9g Fat (86.4% calories from fat); 1g Protein; 2g Carbohydrate; 0g Dietary Fiber; 19mg Cholesterol; 23mg Sodium. Exchanges: 0 Non-Fat Milk; 2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	92	Vitamin B6 (mg):	trace
% Calories from Fat:	86.4%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	7.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	5.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	9g	Folacin (mcg):	5mcg
Saturated Fat (g):	6g	Niacin (mg):	trace

Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 19mg
Carbohydrate (g): 2g
Dietary Fiber (g): 0g
Protein (g): 1g
Sodium (mg): 23mg
Potassium (mg): 62mg
Calcium (mg): 50mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 341IU
Vitamin A (r.e.): 102RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 92 Calories from Fat: 80

% Daily Values*

Total Fat	9g	14%
Saturated Fat	6g	28%
Cholesterol	19mg	6%
Sodium	23mg	1%
Total Carbohydrates	2g	1%
Dietary Fiber	0g	0%
Protein	1g	
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Vitamin A		7%
Vitamin C		1%
Calcium		5%
Iron		0%

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