



## Appelicious Sandwiches

 Vegetarian

READY IN



41 min.

SERVINGS



20

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 5 oz arugula washed
- 4.4 oz cheese crumbles blue
- 16 oz bread thin
- 2 tablespoons butter
- 8 oz cream cheese softened
- 2 gala apples
- 1 tablespoon honey
- 20 servings pepper freshly ground to taste

1 cup walnuts chopped

## Equipment

frying pan

## Directions

Thinly slice apples.

Heat chopped walnuts in a small nonstick skillet over medium heat, stirring often, 3 to 5 minutes or until toasted and fragrant.

Combine cream cheese, blue cheese crumbles, honey, and toasted walnuts until blended.

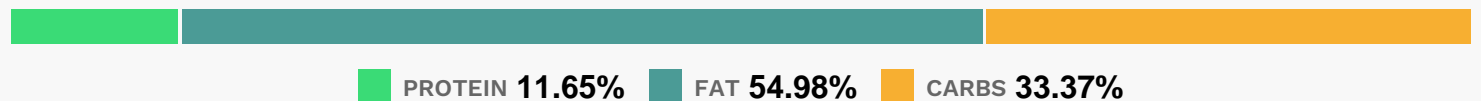
Add freshly ground pepper to taste.

Spread 1 side of each of 28 thin bread slices with 1 Tbsp. cream cheese mixture. Divide 1/2 of the arugula among 14 bread slices. Top with apple slices and remaining 14 bread slices, cream cheese mixture sides down. Melt 1 Tbsp. butter on a griddle over medium heat. Cook 7 sandwiches 3 to 4 minutes on each side until golden and cheese is melted. Repeat procedure with 1 Tbsp. butter and remaining sandwiches.

Tip: If you don't have a griddle, omit butter, and cook sandwiches, in batches, in a lightly greased large nonstick skillet 3 to 4 minutes on each side or until golden and cheese is melted.

\*For testing purposes only, we used Pepperidge Farm Very Thin White Bread.

## Nutrition Facts



## Properties

Glycemic Index:16.55, Glycemic Load:7.25, Inflammation Score:-4, Nutrition Score:6.8417391031981%

## Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

0.02mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 2.5mg, Kaempferol: 2.5mg, Kaempferol: 2.5mg, Kaempferol: 2.5mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

## **Nutrients (% of daily need)**

Calories: 186.82kcal (9.34%), Fat: 11.75g (18.08%), Saturated Fat: 4.71g (29.41%), Carbohydrates: 16.05g (5.35%), Net Carbohydrates: 14.17g (5.15%), Sugar: 4.81g (5.35%), Cholesterol: 19.14mg (6.38%), Sodium: 225.88mg (9.82%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.6g (11.21%), Manganese: 0.51mg (25.73%), Selenium: 8.75µg (12.5%), Vitamin K: 10.04µg (9.57%), Phosphorus: 91.99mg (9.2%), Calcium: 91.29mg (9.13%), Folate: 35.78µg (8.94%), Vitamin A: 415.05IU (8.3%), Vitamin B1: 0.12mg (8.26%), Vitamin B2: 0.13mg (7.51%), Fiber: 1.88g (7.51%), Vitamin B3: 1.45mg (7.24%), Copper: 0.14mg (7.16%), Iron: 1.16mg (6.43%), Magnesium: 25.46mg (6.36%), Zinc: 0.68mg (4.56%), Vitamin B5: 0.44mg (4.38%), Vitamin B6: 0.09mg (4.33%), Potassium: 136.55mg (3.9%), Vitamin C: 2.03mg (2.46%), Vitamin E: 0.29mg (1.96%), Vitamin B12: 0.1µg (1.72%)