



Bacon and Cheddar Tea Sandwiches

READY IN



45 min.

SERVINGS



12

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

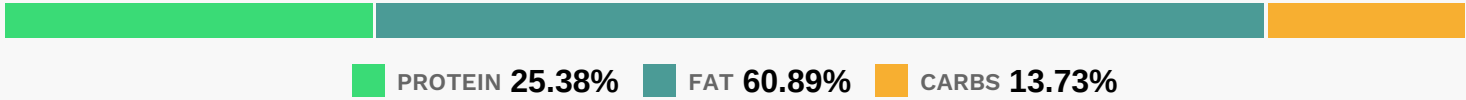
- ☐ 1 ounce country bread white
- ☐ 6 ounces extrasharp cheddar cheese shredded reduced-fat
- ☐ 3 bacon crumbled cooked
- ☐ 5 tablespoons cream cheese fat-free block-style softened
- ☐ 3.5 tablespoons mayonnaise fat-free
- ☐ 5 tablespoons green onions thinly sliced
- ☐ 1.3 teaspoons hot sauce

Equipment

Directions

- ☐ Combine all ingredients except the bread, stirring well.
- ☐ Spread 3 tablespoons cheese mixture on each of 6 bread slices; top with remaining bread slices.
- ☐ Cut each sandwich in half diagonally; cut each half diagonally again to form 4 wedges.

Nutrition Facts



Properties

Glycemic Index:11.15, Glycemic Load:0.96, Inflammation Score:-2, Nutrition Score:3.3321738683659%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 85.72kcal (4.29%), Fat: 5.8g (8.92%), Saturated Fat: 3.05g (19.09%), Carbohydrates: 2.94g (0.98%), Net Carbohydrates: 2.74g (1%), Sugar: 1.07g (1.19%), Cholesterol: 17.42mg (5.81%), Sodium: 233.81mg (10.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.87%), Calcium: 133.82mg (13.38%), Phosphorus: 115.75mg (11.57%), Selenium: 5.97µg (8.53%), Vitamin K: 6.55µg (6.24%), Vitamin B2: 0.1mg (5.62%), Zinc: 0.73mg (4.85%), Vitamin B12: 0.24µg (4.06%), Vitamin A: 172.37IU (3.45%), Folate: 9.85µg (2.46%), Vitamin B1: 0.03mg (2.12%), Magnesium: 7.34mg (1.83%), Vitamin B3: 0.36mg (1.81%), Vitamin B5: 0.16mg (1.59%), Potassium: 54.01mg (1.54%), Vitamin B6: 0.03mg (1.43%), Manganese: 0.02mg (1.11%)