



Bat Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



178 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

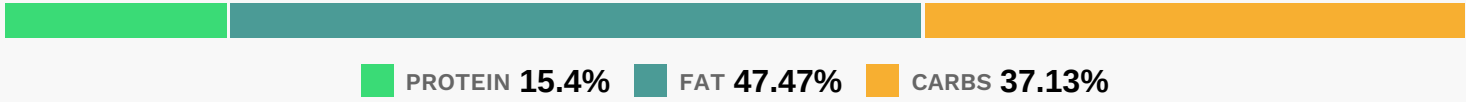
- ☐ 8 ounce chive-and-onion cream cheese softened flavored
- ☐ 0.5 cup pecans toasted chopped
- ☐ 4 ounce pimientos diced drained
- ☐ 24 slices pumpernickel bread whole wheat
- ☐ 12 ounces sharp cheddar cheese shredded

Equipment

Directions

- ☐ Stir together first 4 ingredients. Using a 3- to 4-inch bat-shaped cutter, cut 2 bats from each bread slice.
- ☐ Spread about 2 tablespoons filling over 24 bats. Top with remaining 24 bats.
- ☐ Prep: 30 min.

Nutrition Facts



Properties

Glycemic Index:5.75, Glycemic Load:7.53, Inflammation Score:-4, Nutrition Score:7.1586956951929%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 178.28kcal (8.91%), Fat: 9.51g (14.63%), Saturated Fat: 4.32g (27%), Carbohydrates: 16.74g (5.58%), Net Carbohydrates: 14.34g (5.21%), Sugar: 0.76g (0.84%), Cholesterol: 20.03mg (6.68%), Sodium: 328.07mg (14.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.94g (13.89%), Manganese: 0.53mg (26.28%), Selenium: 11.95µg (17.07%), Calcium: 135.24mg (13.52%), Phosphorus: 129.16mg (12.92%), Vitamin B2: 0.17mg (9.79%), Fiber: 2.41g (9.63%), Folate: 33.57µg (8.39%), Vitamin B1: 0.12mg (8.32%), Zinc: 1.11mg (7.38%), Vitamin A: 358.52IU (7.17%), Copper: 0.13mg (6.33%), Iron: 1.1mg (6.09%), Magnesium: 24.19mg (6.05%), Vitamin C: 4.94mg (5.99%), Vitamin B3: 1.06mg (5.29%), Vitamin B6: 0.07mg (3.36%), Potassium: 95.9mg (2.74%), Vitamin B12: 0.15µg (2.5%), Vitamin B5: 0.21mg (2.08%), Vitamin E: 0.31mg (2.08%), Vitamin K: 1.16µg (1.1%)