



Blue Cheese-Walnut Finger Sandwiches

 Vegetarian  Very Healthy

READY IN



36 min.

SERVINGS



1

CALORIES



4029 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apricot preserves
- ☐ 5 ounces creamy cheese blue
- ☐ 8 oz cream cheese softened
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 28 oz grain bread loaves whole (22 slices)
- ☐ 0.8 cup walnuts chopped

Equipment

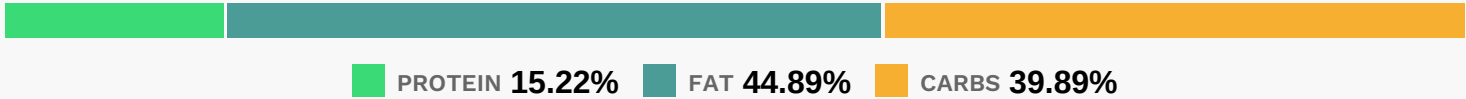
- ☐ frying pan

- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 35
- ☐ Bake walnuts in a single layer in a shallow pan 6 to 8 minutes or until toasted and fragrant, stirring after 5 minutes. Cool completely (about 20 minutes).
- ☐ Stir together walnuts and next 3 ingredients.
- ☐ Spread on 1 side of each bread slice.
- ☐ Spread fig preserves on half of bread slices; top with remaining bread slices, cheese sides down. Chill sandwiches in airtight zip-top plastic bags up to 24 hours, if desired.
- ☐ Cut crusts from sandwiches.
- ☐ Cut each sandwich into 8 pieces.
- ☐ Note: For testing purposes only, we used Saga blue cheese and Pepperidge Farm Whole Grain 15 Grain Bread.

Nutrition Facts



Properties

Glycemic Index:175.7, Glycemic Load:210.79, Inflammation Score:-10, Nutrition Score:81.872608661652%

Flavonoids

Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 4028.83kcal (201.44%), Fat: 204.24g (314.22%), Saturated Fat: 83.52g (522%), Carbohydrates: 408.32g (136.11%), Net Carbohydrates: 354.51g (128.91%), Sugar: 72.24g (80.26%), Cholesterol: 335.37mg (111.79%), Sodium: 5941.93mg (258.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 155.79g (311.58%), Manganese: 20.01mg

(1000.54%), Selenium: 250.34µg (357.63%), Phosphorus: 2781.77mg (278.18%), Calcium: 2365.64mg (236.56%), Vitamin B1: 3.5mg (233.31%), Fiber: 53.82g (215.26%), Magnesium: 807.24mg (201.81%), Vitamin B3: 37.87mg (189.37%), Copper: 3.35mg (167.59%), Vitamin B2: 2.53mg (148.79%), Zinc: 21.66mg (144.43%), Iron: 24.1mg (133.9%), Vitamin K: 138.05µg (131.48%), Vitamin B6: 2.56mg (128.18%), Folate: 497.5µg (124.37%), Vitamin B5: 9.72mg (97.17%), Vitamin A: 4626.98IU (92.54%), Potassium: 3101.39mg (88.61%), Vitamin E: 7.31mg (48.75%), Vitamin B12: 2.23µg (37.14%), Vitamin C: 11.67mg (14.14%), Vitamin D: 0.71µg (4.72%)