



Checkerboard Cheese Sandwiches

 Vegetarian

READY IN



30 min.

SERVINGS



30

CALORIES



281 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 ounce sharp cheddar cheese extra-sharp grated
- 1 teaspoon onion flakes dried
- 30 servings grape tomatoes black with wooden picks
- 1.3 cups mayonnaise
- 0.3 teaspoon pepper freshly ground
- 4 ounce pimientos diced drained
- 10 ounce swiss cheese grated
- 20 slices sandwich bread white thin

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Equipment

serrated knife

Directions

Stir together first 6 ingredients.

Spread half of mixture evenly on half of white bread slices; top with remaining half of white bread slices.

Spread remaining half of mixture evenly on half of wheat bread slices; top with remaining half of wheat bread slices.

Remove crusts with a serrated knife; cut each sandwich into 4 squares. Arrange, stacked in pairs, on a serving plate in a checkerboard pattern, alternating white and wheat.

Garnish, if desired.

Note: For testing purposes only, we used Pepperidge Farm Very Thin White and Wheat Bread.

Nutrition Facts



PROTEIN 15.81% **FAT 48.35%** **CARBS 35.84%**

Properties

Glycemic Index:14.44, Glycemic Load:15.7, Inflammation Score:-4, Nutrition Score:11.644782646843%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 280.84kcal (14.04%), Fat: 15.06g (23.18%), Saturated Fat: 5.04g (31.49%), Carbohydrates: 25.13g (8.38%), Net Carbohydrates: 22.39g (8.14%), Sugar: 2.83g (3.15%), Cholesterol: 22.16mg (7.39%), Sodium: 386.78mg (16.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.08g (22.17%), Manganese: 0.91mg (45.34%), Selenium: 19.25µg (27.5%), Calcium: 248.54mg (24.85%), Phosphorus: 199.02mg (19.9%), Vitamin K: 19.02µg (18.11%), Vitamin B1: 0.24mg (15.81%), Vitamin B3: 2.49mg (12.47%), Fiber: 2.74g (10.97%), Zinc: 1.59mg (10.61%), Vitamin B2: 0.18mg (10.42%), Magnesium: 39.56mg (9.89%), Folate: 38.17µg (9.54%), Iron: 1.65mg (9.15%), Vitamin

B12: 0.4µg (6.61%), Vitamin B6: 0.12mg (6.16%), Copper: 0.12mg (5.91%), Vitamin A: 289.28IU (5.79%), Vitamin C: 4.19mg (5.08%), Vitamin E: 0.71mg (4.73%), Vitamin B5: 0.44mg (4.45%), Potassium: 141.24mg (4.04%)