



Checkerboard Cheese Sandwiches

 Vegetarian

READY IN



30 min.

SERVINGS



30

CALORIES



233 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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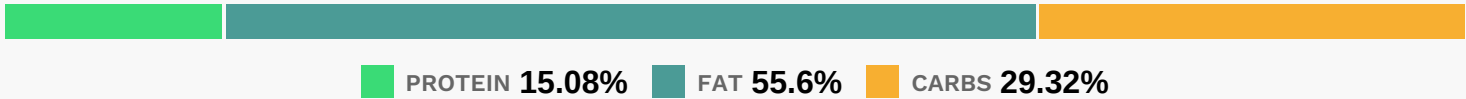
Equipment

☐ 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



Properties

Glycemic Index:12.12, Glycemic Load:10.88, Inflammation Score:-4, Nutrition Score:8.6747825871343%

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: 233.43kcal (11.67%), Fat: 14.4g (22.16%), Saturated Fat: 4.9g (30.64%), Carbohydrates: 17.09g (5.7%), Net Carbohydrates: 15.47g (5.62%), Sugar: 2.01g (2.23%), Cholesterol: 22.16mg (7.39%), Sodium: 302.78mg (13.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.79g (17.57%), Manganese: 0.51mg (25.41%), Calcium: 218.11mg (21.81%), Selenium: 14.43µg (20.62%), Vitamin K: 17.56µg (16.72%), Phosphorus: 159.45mg (15.94%), Vitamin B1: 0.16mg (10.95%), Vitamin B2: 0.15mg (8.6%), Zinc: 1.26mg (8.42%), Vitamin B3: 1.67mg (8.34%), Folate: 30.33µg (7.58%), Vitamin B12: 0.4µg (6.61%), Iron: 1.17mg (6.5%), Fiber: 1.62g (6.49%), Magnesium: 25.19mg (6.3%), Vitamin A: 288.72IU (5.77%), Vitamin C: 4.19mg (5.08%), Vitamin B6: 0.08mg (4.15%), Vitamin E: 0.61mg (4.06%), Copper:

0.08mg (3.8%), Vitamin B5: 0.32mg (3.17%), Potassium: 94.57mg (2.7%)