



Cheddar and Hot Mustard Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup mayonnaise
- ☐ 4 ounce mustard (with Inglehoffer) hot
- ☐ 0.5 cup onion minced
- ☐ 12 slices pumpernickel bread (with Pepperidge Farm)
- ☐ 12 ounces sharp cheddar cheese shredded
- ☐ 12 slices sourdough bread (with Cobblestone Mill)

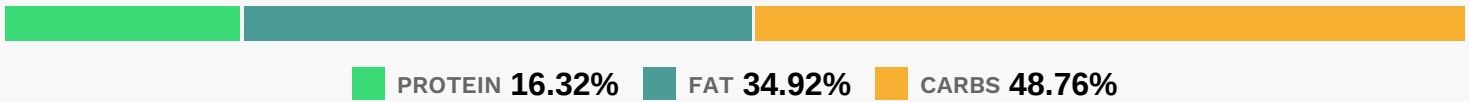
Equipment

- ☐ bowl

Directions

- ☐ Combine first 4 ingredients in a bowl; stir well.
- ☐ Spread about 3 tablespoons cheese mixture onto each pumpernickel bread slice. Top each with a sourdough bread slice.
- ☐ Cut each sandwich into four squares. Arrange sandwiches on a serving platter, some pumpernickel side up and some sourdough side up.
- ☐ Polka-Dot Sandwiches: To make sandwiches more artistic, cut 4 small circles from each pumpernickel slice and 4 small circles from each sourdough slice using a 3/4" to 1" biscuit cutter.
- ☐ Place the white sourdough circles in holes in pumpernickel.
- ☐ Place the brown pumpernickel circles in the holes n the sourdough slices. Assemble sandwiches as directed.

Nutrition Facts



Properties

Glycemic Index:5.68, Glycemic Load:8.33, Inflammation Score:-2, Nutrition Score:4.1704347949961%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 102.48kcal (5.12%), Fat: 4g (6.15%), Saturated Fat: 1.62g (10.15%), Carbohydrates: 12.56g (4.19%), Net Carbohydrates: 11.56g (4.2%), Sugar: 0.92g (1.02%), Cholesterol: 7.58mg (2.53%), Sodium: 223.81mg (9.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.41%), Selenium: 9.38µg (13.4%), Manganese: 0.2mg (10.05%), Vitamin B1: 0.15mg (9.81%), Vitamin B2: 0.13mg (7.42%), Folate: 29.15µg (7.29%), Phosphorus: 66.78mg (6.68%), Calcium: 65.83mg (6.58%), Vitamin B3: 1.04mg (5.19%), Iron: 0.91mg (5.06%), Fiber: 1g (4.01%), Zinc: 0.56mg (3.76%), Magnesium: 12.67mg (3.17%), Copper: 0.05mg (2.61%), Vitamin K: 2.29µg (2.18%), Vitamin B6: 0.04mg (1.79%), Vitamin A: 73.48IU (1.47%), Potassium: 47.03mg (1.34%), Vitamin B12: 0.08µg (1.28%), Vitamin B5: 0.13mg (1.26%), Vitamin E: 0.17mg (1.11%)