



Cinnamon Apple and Havarti Tea Sandwiches

READY IN



15 min.

SERVINGS



16

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

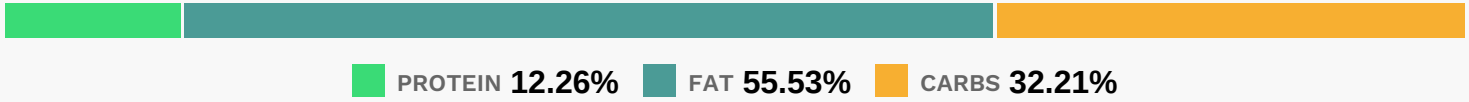
- ☐ 8 slices cinnamon raisin bread
- ☐ 8 ounce cream cheese softened
- ☐ 1 large apples i use 2 granny smith apples cored thinly sliced
- ☐ 4 slices havarti cheese

Equipment

Directions

- ☐ Spread a thin layer of cream cheese on 4 slices of bread. Top the cream cheese with a slice of Havarti cheese, then a thin layer of apple slices.
- ☐ Place the remaining slices of bread on top to form 4 sandwiches.
- ☐ Using 2 diagonal cuts, divide each sandwich into 4 triangles.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:5.15, Inflammation Score:-2, Nutrition Score:3.0004348129682%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.05mg, Epicatechin: 1.05mg, Epicatechin: 1.05mg, Epicatechin: 1.05mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 116.37kcal (5.82%), Fat: 7.35g (11.3%), Saturated Fat: 4.22g (26.37%), Carbohydrates: 9.59g (3.2%), Net Carbohydrates: 8.7g (3.16%), Sugar: 2.72g (3.02%), Cholesterol: 20.48mg (6.83%), Sodium: 142.61mg (6.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.3%), Phosphorus: 67.97mg (6.8%), Calcium: 65.66mg (6.57%), Vitamin B2: 0.11mg (6.53%), Selenium: 4.41µg (6.31%), Vitamin A: 253.4IU (5.07%), Folate: 19.67µg (4.92%), Manganese: 0.08mg (3.78%), Fiber: 0.89g (3.57%), Vitamin B1: 0.05mg (3.55%), Zinc: 0.45mg (3%), Vitamin B3: 0.48mg (2.42%), Iron: 0.42mg (2.34%), Vitamin B12: 0.13µg (2.13%), Potassium: 67.83mg (1.94%), Copper: 0.04mg (1.9%), Magnesium: 7.24mg (1.81%), Vitamin B5: 0.16mg (1.63%), Vitamin E: 0.23mg (1.54%), Vitamin B6: 0.03mg (1.45%)