



Cook the Book: Black Olive and Cucumber Tramezzini

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



261 kcal

SIDE DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 medium cucumber peeled cut into 1/4-inch-thick slices
- ☐ 8 ounces goat cheese at room temperature
- ☐ 2 cups olives pitted roughly chopped
- ☐ 4 servings sea salt
- ☐ 8 slices no boil lasagna noodles white

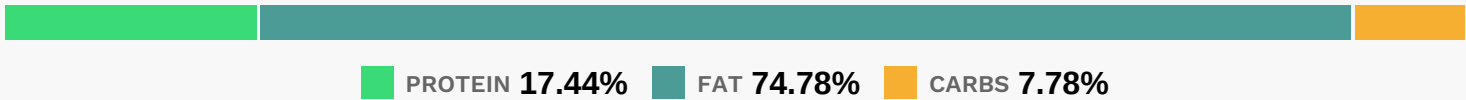
Equipment

- ☐ mixing bowl
- ☐ spatula

Directions

- ☐ Place the chopped olives and the goat cheese in a mixing bowl. Use a rubber spatula to break the goat cheese into smaller chunks, and then fold the two ingredients together to form a chunky mixture.
- ☐ Gently spread the goat cheese-olive mixture over the bread slices. Arrange the cucumber slices over half of the bread--about 5 slices each, to create a single layer with complete coverage. Top the cucumbers with a light sprinkling of sea salt and a few turns of freshly ground black pepper.
- ☐ Close the sandwiches with the remaining 4 slices of bread. Trim off the cursts, and cut each sandwich into 2 triangles.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.12, Inflammation Score:-6, Nutrition Score:7.8808695129726%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg

Nutrients (% of daily need)

Calories: 260.98kcal (13.05%), Fat: 22.4g (34.46%), Saturated Fat: 9.64g (60.26%), Carbohydrates: 5.24g (1.75%), Net Carbohydrates: 2.57g (0.93%), Sugar: 1.6g (1.78%), Cholesterol: 26.97mg (8.99%), Sodium: 1456.47mg (63.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.75g (23.51%), Copper: 0.53mg (26.66%), Vitamin E: 2.69mg (17.93%), Vitamin A: 887.7IU (17.75%), Phosphorus: 158.56mg (15.86%), Vitamin B2: 0.23mg (13.7%), Calcium: 122.08mg (12.21%), Fiber: 2.68g (10.7%), Vitamin B6: 0.19mg (9.43%), Iron: 1.53mg (8.5%), Magnesium: 22.7mg (5.68%), Vitamin K: 5.75µg (5.47%), Manganese: 0.11mg (5.33%), Vitamin B5: 0.52mg (5.23%), Vitamin B1: 0.07mg (4.64%), Zinc: 0.64mg (4.24%), Folate: 15.88µg (3.97%), Potassium: 117.62mg (3.36%), Selenium: 2.25µg (3.22%), Vitamin B3: 0.42mg (2.12%), Vitamin C: 1.61mg (1.95%), Vitamin B12: 0.11µg (1.8%), Vitamin D: 0.23µg (1.51%)