



## Creamy Strawberry Sandwiches

 Vegetarian

READY IN



10 min.

SERVINGS



20

CALORIES



178 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 16 ounce cream cheese softened
- 16 ounce strawberries fresh hulled
- 1 loaf bread white sliced

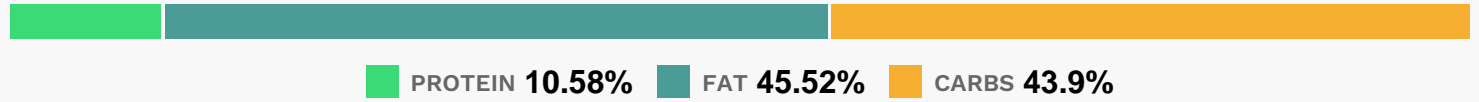
### Equipment

- food processor

### Directions

- Place cream cheese and strawberries in a food processor; pulse until smooth.
- Spread cream cheese mixture onto half the bread and sprinkle with pecans.
- Place remaining bread slices on top to create sandwiches.

## Nutrition Facts



### Properties

Glycemic Index:7.09, Glycemic Load:12.78, Inflammation Score:-4, Nutrition Score:6.1904347798099%

### Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.64mg, Pelargonidin: 5.64mg, Pelargonidin: 5.64mg, Pelargonidin: 5.64mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

### Nutrients (% of daily need)

Calories: 178.44kcal (8.92%), Fat: 9.09g (13.99%), Saturated Fat: 4.86g (30.4%), Carbohydrates: 19.72g (6.57%), Net Carbohydrates: 18.49g (6.72%), Sugar: 3.78g (4.2%), Cholesterol: 22.91mg (7.64%), Sodium: 233.62mg (10.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.51%), Vitamin C: 13.34mg (16.16%), Manganese: 0.29mg (14.57%), Selenium: 9.93µg (14.18%), Vitamin B1: 0.18mg (12.2%), Folate: 45.22µg (11.31%), Calcium: 97.37mg (9.74%), Vitamin B3: 1.73mg (8.63%), Vitamin B2: 0.14mg (8.16%), Iron: 1.26mg (7%), Phosphorus: 68.13mg (6.81%), Vitamin A: 307.65IU (6.15%), Fiber: 1.24g (4.94%), Magnesium: 14.17mg (3.54%), Vitamin B5: 0.34mg (3.4%), Potassium: 104.42mg (2.98%), Zinc: 0.44mg (2.96%), Copper: 0.06mg (2.86%), Vitamin B6: 0.05mg (2.73%), Vitamin E: 0.34mg (2.24%)