



Cucumber and Goat Cheese Sandwiches

 Vegetarian

READY IN



15 min.

SERVINGS



8

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

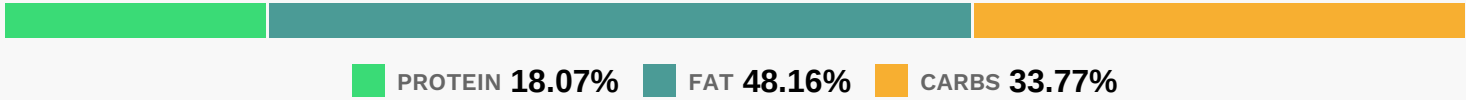
- ☐ 2 cucumber thinly sliced
- ☐ 8 ounce goat cheese fresh at room temperature
- ☐ 16 slices bread
- ☐ 1 cup walnuts chopped
- ☐ 1 bunch watercress thick

Equipment

Directions

☐ Spread 8 slices of the bread with the goat cheese. Top with the walnuts, cucumbers, watercress, and the remaining 8 slices of bread.

Nutrition Facts



Properties

Glycemic Index:17.09, Glycemic Load:14.86, Inflammation Score:-6, Nutrition Score:16.678261015726%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 322.07kcal (16.1%), Fat: 17.62g (27.11%), Saturated Fat: 5.45g (34.06%), Carbohydrates: 27.8g (9.27%), Net Carbohydrates: 22.92g (8.33%), Sugar: 4.14g (4.61%), Cholesterol: 13.04mg (4.35%), Sodium: 359.4mg (15.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.88g (29.75%), Manganese: 1.79mg (89.28%), Copper: 0.62mg (31.11%), Phosphorus: 259.52mg (25.95%), Selenium: 16.06µg (22.95%), Vitamin B1: 0.31mg (20.98%), Magnesium: 80.42mg (20.1%), Fiber: 4.88g (19.52%), Vitamin K: 18.49µg (17.61%), Calcium: 159.55mg (15.96%), Vitamin B6: 0.31mg (15.63%), Vitamin B2: 0.25mg (14.42%), Iron: 2.57mg (14.27%), Vitamin B3: 2.8mg (14%), Folate: 52.04µg (13.01%), Zinc: 1.83mg (12.2%), Potassium: 324.18mg (9.26%), Vitamin A: 451.17IU (9.02%), Vitamin B5: 0.85mg (8.5%), Vitamin C: 3.93mg (4.77%), Vitamin E: 0.51mg (3.4%)