



Cucumber and Tomato Sandwich with Garlic White Bean Hummus

 Vegetarian  Vegan  Dairy Free

READY IN



95 min.

SERVINGS



4

CALORIES



551 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices bread whole-wheat toasted
- 30 ounce beans white canned
- 2 large cucumbers sliced
- 1 head garlic
- 4 servings kosher salt and pepper black freshly ground
- 0.3 cup olive oil extra-virgin
- 3 roma tomatoes sliced

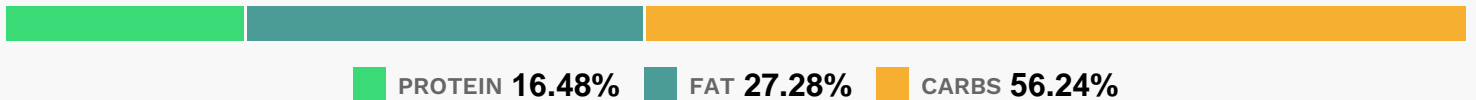
Equipment

- food processor
- oven
- plastic wrap
- aluminum foil

Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F.
- Cut the top off the garlic head and drizzle with 1 teaspoon of the olive oil. Wrap in aluminum foil and bake until soft, about 45 minutes to 1 hour. Unwrap and allow to cool.
- Drain and rinse the beans. (Reserve 1/2 cup beans for the Round 2 Salad recipe.)
- Put them into a food processor along with 1/4 cup olive oil. Squeeze in the roasted garlic pulp and season with salt and pepper, to taste. Process until smooth and about the consistency of mayonnaise, adding some water if it's too thick. (Reserve 2 tablespoons of the hummus for the Round 2 Salad recipe.)
- Spread the hummus on each slice of bread. Top 4 slices of bread with the cucumber and tomato slices and cover with the remaining bread. (Reserve 1/2 of the cucumber and 1/2 tomatoes for the Round 2 Salad recipe.)
- Cut the sandwiches in half and wrap them well with waxed paper or plastic wrap.

Nutrition Facts



Properties

Glycemic Index:51.17, Glycemic Load:26.55, Inflammation Score:-8, Nutrition Score:29.067826271057%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.17mg,

Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 551.02kcal (27.55%), Fat: 17.01g (26.17%), Saturated Fat: 2.45g (15.34%), Carbohydrates: 78.89g (26.3%), Net Carbohydrates: 64.73g (23.54%), Sugar: 7.05g (7.83%), Cholesterol: 0mg (0%), Sodium: 282.12mg (12.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.12g (46.24%), Manganese: 2.05mg (102.38%), Fiber: 14.16g (56.62%), Folate: 212.61µg (53.15%), Iron: 9.01mg (50.06%), Potassium: 1374.4mg (39.27%), Magnesium: 155.23mg (38.81%), Copper: 0.73mg (36.26%), Vitamin B1: 0.51mg (33.93%), Phosphorus: 317.15mg (31.72%), Vitamin K: 31.07µg (29.59%), Selenium: 20.67µg (29.53%), Vitamin E: 4.03mg (26.87%), Calcium: 262.71mg (26.27%), Zinc: 3.36mg (22.42%), Vitamin B6: 0.42mg (20.87%), Vitamin B3: 3.75mg (18.74%), Vitamin B2: 0.27mg (15.97%), Vitamin C: 13.15mg (15.94%), Vitamin B5: 1.27mg (12.73%), Vitamin A: 490.44IU (9.81%)