



## Dried Tomato-and-Basil Sandwiches

READY IN



45 min.

SERVINGS



24

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 cup basil butter
- 4 ounces cream cheese cubed softened
- 0.3 cup tomatoes dried minced drained well in oil
- 2 tablespoons parmesan cheese shredded
- 2 tablespoons walnuts finely chopped
- 12 slices sandwich bread white very thin
- 12 slices wheat sandwich bread very thin

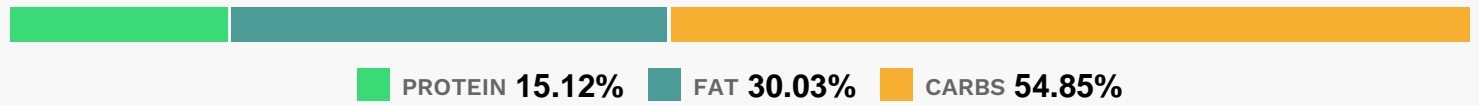
### Equipment

hand mixer

## Directions

- Beat first 4 ingredients at medium speed with an electric mixer until blended.
- Spread evenly on 1 side of wheat bread slices.
- Spread 1 side of white bread slices evenly with Basil Butter. Press together spread sides of 1 wheat slice and 1 white slice. Repeat procedure with remaining bread slices.
- Trim crusts from sandwiches.
- Cut sandwiches with a 2-inch round cutter.
- Roll sides in walnuts, if desired.

## Nutrition Facts



## Properties

Glycemic Index:13.27, Glycemic Load:8.29, Inflammation Score:-2, Nutrition Score:4.8230435074833%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg

## Nutrients (% of daily need)

Calories: 97.04kcal (4.85%), Fat: 3.27g (5.03%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 13.44g (4.48%), Net Carbohydrates: 12.06g (4.39%), Sugar: 2.06g (2.29%), Cholesterol: 5.06mg (1.69%), Sodium: 145.82mg (6.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.41%), Manganese: 0.44mg (21.94%), Selenium: 7.14µg (10.2%), Vitamin B1: 0.13mg (8.7%), Vitamin B3: 1.38mg (6.87%), Calcium: 62.54mg (6.25%), Phosphorus: 60.49mg (6.05%), Folate: 22.58µg (5.64%), Fiber: 1.38g (5.53%), Iron: 0.97mg (5.41%), Magnesium: 19.52mg (4.88%), Vitamin K: 5.02µg (4.78%), Vitamin B2: 0.07mg (4.4%), Copper: 0.09mg (4.3%), Potassium: 114.54mg (3.27%), Zinc: 0.45mg (3.02%), Vitamin B6: 0.06mg (2.77%), Vitamin A: 120.34IU (2.41%), Vitamin B5: 0.23mg (2.3%), Vitamin E: 0.16mg (1.04%)