



Engagement Ring Finger Sandwiches

READY IN



25 min.

SERVINGS



10

CALORIES



502 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons bacon pieces for garnish, optional
- ☐ 16 ounce cream cheese softened
- ☐ 0.5 cup cucumber finely chopped
- ☐ 0.5 cup olives green finely minced
- ☐ 0.5 cup mayonnaise
- ☐ 2 tablespoons parsley leaves chopped for garnish, optional
- ☐ 0.5 cup pecans finely chopped
- ☐ 2 tablespoons pecans chopped for garnish, optional
- ☐ 0.5 cup pineapple dry crushed drained

- ☐ 2 tablespoons poppy seeds for garnish, optional
- ☐ 1 loaf bread white soft

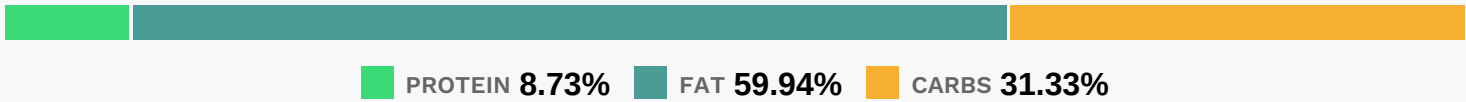
Equipment

- ☐ bowl
- ☐ toothpicks

Directions

- ☐ In a medium bowl, mix together cream cheese and mayonnaise. Split into 4 approximately 4-ounce portions and put into separate bowls.
- ☐ Combine pineapple and 4 ounces cream cheese mixture and set aside.
- ☐ Combine green olives and 4 ounces cream cheese mixture and set aside.
- ☐ Combine cucumbers and 4 ounces cream cheese mixture and set aside.
- ☐ Combine pecans and 4 ounces cream cheese mixture and set aside.
- ☐ To assemble sandwiches, spread the fillings on top of white bread slices and cover with wheat bread slices.
- ☐ Cut each sandwich into triangles, squares or circles. Arrange on a large platter by sandwich filling.
- ☐ Garnish with parsley, bacon pieces, poppy seeds, or pecans. In gold ink, write each sandwich filling on a small card, attach it to a toothpick and place it in the center of each pile of sandwiches, identifying the filling.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:24.62, Inflammation Score:-7, Nutrition Score:14.629130530617%

Flavonoids

Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg

Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg

Nutrients (% of daily need)

Calories: 502.42kcal (25.12%), Fat: 33.9g (52.15%), Saturated Fat: 11.91g (74.46%), Carbohydrates: 39.86g (13.29%), Net Carbohydrates: 36.78g (13.37%), Sugar: 7.57g (8.41%), Cholesterol: 52.52mg (17.51%), Sodium: 686.38mg (29.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.11g (22.22%), Manganese: 0.87mg (43.52%), Vitamin K: 33.38µg (31.79%), Selenium: 20.58µg (29.39%), Vitamin B1: 0.44mg (29.14%), Calcium: 226.91mg (22.69%), Folate: 86.18µg (21.54%), Vitamin B3: 3.44mg (17.22%), Vitamin B2: 0.29mg (16.86%), Phosphorus: 166.98mg (16.7%), Iron: 2.85mg (15.85%), Vitamin A: 725.93IU (14.52%), Fiber: 3.08g (12.32%), Copper: 0.24mg (12%), Magnesium: 41.53mg (10.38%), Zinc: 1.36mg (9.04%), Vitamin E: 1.31mg (8.74%), Vitamin B5: 0.73mg (7.33%), Vitamin B6: 0.12mg (6.2%), Potassium: 216.14mg (6.18%), Vitamin C: 2.49mg (3.02%), Vitamin B12: 0.11µg (1.89%)