



Goat Cheese and Pecan Tea Sandwiches

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



188 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounces cream cheese softened
- 2 tablespoons cilantro leaves fresh chopped
- 4 ounces goat cheese
- 0.5 cup pecans toasted finely chopped
- 4 oz cheddar cheese shredded white

Equipment

Directions

- Stir together softened cream cheese, goat cheese, Cheddar cheese, pecans, and cilantro.
- Spread on: whole wheat bread slices.
- Spread a thin layer of red pepper jelly on an equal number of whole wheat bread slices; sandwich cream cheese mixture slices with pepper jelly slices.

Nutrition Facts

PROTEIN 15.38% **FAT 80.47%** **CARBS 4.15%**

Properties

Glycemic Index:12, Glycemic Load:0.33, Inflammation Score:-4, Nutrition Score:5.0695652155125%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 187.64kcal (9.38%), Fat: 17.14g (26.37%), Saturated Fat: 8.03g (50.21%), Carbohydrates: 1.99g (0.66%), Net Carbohydrates: 1.4g (0.51%), Sugar: 0.95g (1.06%), Cholesterol: 35.01mg (11.67%), Sodium: 189.42mg (8.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.37g (14.74%), Manganese: 0.3mg (14.8%), Calcium: 138.21mg (13.82%), Phosphorus: 133.56mg (13.36%), Vitamin A: 489.04IU (9.78%), Copper: 0.19mg (9.27%), Vitamin B2: 0.16mg (9.25%), Selenium: 5.86µg (8.38%), Zinc: 1mg (6.68%), Vitamin B1: 0.06mg (3.88%), Magnesium: 14.88mg (3.72%), Vitamin B12: 0.21µg (3.47%), Vitamin B6: 0.07mg (3.31%), Vitamin B5: 0.29mg (2.9%), Iron: 0.47mg (2.59%), Fiber: 0.6g (2.39%), Vitamin E: 0.34mg (2.29%), Folate: 7.38µg (1.84%), Potassium: 59.2mg (1.69%), Vitamin K: 1.42µg (1.35%)