



Goat Cheese and Watercress Tea Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 11 ounce goat cheese fresh soft room temperature (such as Montrachet)
- ☐ 0.8 cup pecans toasted finely chopped (for garnish)
- ☐ 5 tablespoons butter unsalted room temperature ()
- ☐ 0.5 cup watercress chopped
- ☐ 16 slices sandwich bread whole wheat trimmed thin

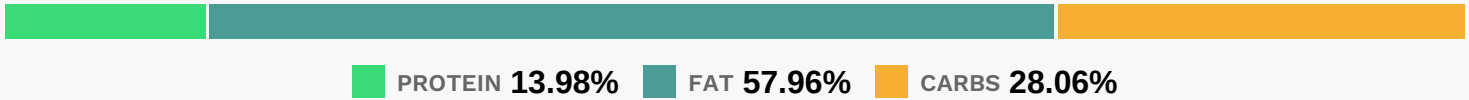
Equipment

- ☐ bowl

Directions

- ☐ Mix cheese and chopped watercress in medium bowl. Season with salt.
- ☐ Spread mixture evenly over 8 bread slices. Top with remaining bread. Butter edges of sandwiches.
- ☐ Cut sandwiches diagonally in half.
- ☐ Place pecans on plate. Dip buttered edges of sandwiches into pecans. Arrange sandwiches on platter.
- ☐ Garnish with watercress sprigs. (Can be made 8 hours ahead. Cover sandwiches tightly; chill.)

Nutrition Facts



Properties

Glycemic Index:14.6, Glycemic Load:17.58, Inflammation Score:-6, Nutrition Score:11.739565232526%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 365.01kcal (18.25%), Fat: 23.79g (36.61%), Saturated Fat: 11.16g (69.75%), Carbohydrates: 25.92g (8.64%), Net Carbohydrates: 23.87g (8.68%), Sugar: 3.39g (3.77%), Cholesterol: 36.74mg (12.25%), Sodium: 383.78mg (16.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.91g (25.82%), Manganese: 0.76mg (37.91%), Copper: 0.46mg (23.09%), Vitamin B1: 0.34mg (22.96%), Selenium: 13.15µg (18.79%), Phosphorus: 185.37mg (18.54%), Calcium: 171.22mg (17.12%), Vitamin B2: 0.29mg (16.81%), Folate: 62.67µg (15.67%), Iron: 2.66mg (14.79%), Vitamin A: 694.84IU (13.9%), Vitamin B3: 2.66mg (13.32%), Vitamin B6: 0.17mg (8.3%), Fiber: 2.05g (8.21%), Zinc: 1.23mg (8.2%), Magnesium: 31.59mg (7.9%), Vitamin K: 7.05µg (6.72%), Vitamin B5: 0.63mg (6.29%), Vitamin E: 0.53mg (3.56%), Potassium: 115.8mg (3.31%), Vitamin D: 0.29µg (1.91%), Vitamin B12: 0.09µg (1.48%), Vitamin C: 1.02mg (1.23%)