



Goat Cheese Sandwich with Cucumber and Alfalfa Sprouts

 Vegetarian

READY IN



8 min.

SERVINGS



1

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

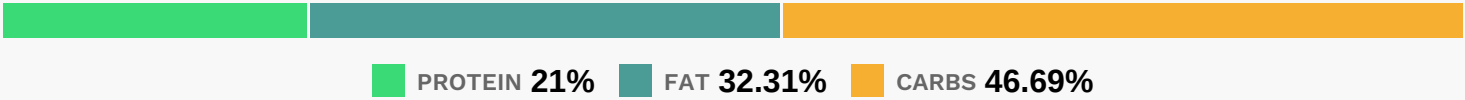
- ☐ 2 tablespoons alfalfa sprouts
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.8 inch cucumber
- ☐ 2 tablespoons goat cheese
- ☐ 2 ounce whole-grain muffin split english toasted

Equipment

Directions

- ☐ Spread 1 tablespoon goat cheese on each half of warm English muffin.
- ☐ Sprinkle evenly with pepper. Top with cucumber slices and alfalfa sprouts.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:11.75869569312%

Flavonoids

Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 191.26kcal (9.56%), Fat: 7.15g (10.99%), Saturated Fat: 4.28g (26.74%), Carbohydrates: 23.23g (7.74%), Net Carbohydrates: 19.24g (7%), Sugar: 4.88g (5.42%), Cholesterol: 12.88mg (4.29%), Sodium: 309.87mg (13.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.45g (20.9%), Manganese: 1.09mg (54.37%), Selenium: 23.68µg (33.83%), Phosphorus: 236.57mg (23.66%), Calcium: 192.75mg (19.27%), Copper: 0.34mg (16.96%), Fiber: 3.99g (15.96%), Vitamin B1: 0.2mg (13.01%), Magnesium: 47.01mg (11.75%), Vitamin B2: 0.19mg (11.43%), Iron: 2.01mg (11.15%), Vitamin B3: 2.09mg (10.43%), Folate: 33.61µg (8.4%), Vitamin B6: 0.17mg (8.31%), Zinc: 1.23mg (8.17%), Vitamin B5: 0.63mg (6.26%), Vitamin A: 304.11IU (6.08%), Potassium: 137mg (3.91%), Vitamin K: 3.45µg (3.28%), Vitamin E: 0.29mg (1.91%)