



Ham, Pear, and Arugula Sandwiches



Vegetarian



Vegan



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



212 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups baby arugula
- ☐ 6 ounces ham thinly sliced maple-flavored
- ☐ 2 tablespoons mango chutney
- ☐ 1 small pears ripe thinly sliced
- ☐ 1.5 tablespoons pecans finely chopped
- ☐ 1.1 ounce pumpernickel bread

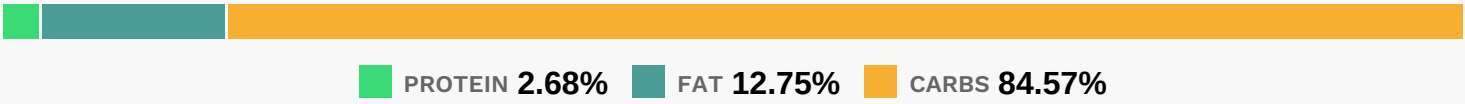
Equipment

- ☐ bowl

Directions

- ☐
- Combine first 3 ingredients in a small bowl, stirring well.
- ☐
- Spread cheese mixture evenly over each bread slice. Top 4 bread slices evenly with ham, arugula, and pear slices. Top with remaining bread slices, cheese–mixture side down.

Nutrition Facts



Properties

Glycemic Index:56.56, Glycemic Load:17.7, Inflammation Score:-3, Nutrition Score:8.2430436248365%

Flavonoids

Cyanidin: 1.16mg, Cyanidin: 1.16mg, Cyanidin: 1.16mg, Cyanidin: 1.16mg Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 211.61kcal (10.58%), Fat: 3.07g (4.72%), Saturated Fat: 0.28g (1.77%), Carbohydrates: 45.76g (15.25%), Net Carbohydrates: 43.47g (15.81%), Sugar: 34.33g (38.15%), Cholesterol: 0mg (0%), Sodium: 56.56mg (2.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.9%), Manganese: 1.3mg (65.12%), Vitamin B2: 0.59mg (34.97%), Vitamin K: 12.72µg (12.12%), Fiber: 2.28g (9.13%), Calcium: 75.61mg (7.56%), Magnesium: 25.37mg (6.34%), Potassium: 214.79mg (6.14%), Vitamin B1: 0.09mg (5.92%), Copper: 0.12mg (5.77%), Folate: 21.47µg (5.37%), Vitamin A: 248.65IU (4.97%), Vitamin C: 4.01mg (4.86%), Zinc: 0.67mg (4.49%), Phosphorus: 35.8mg (3.58%), Iron: 0.63mg (3.48%), Selenium: 2.32µg (3.31%), Vitamin B3: 0.41mg (2.06%), Vitamin B6: 0.04mg (1.89%), Vitamin B5: 0.13mg (1.28%), Vitamin E: 0.18mg (1.23%)