



Herbed Goat Cheese Sandwiches

 Vegetarian

READY IN



15 min.

SERVINGS



8

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 hothouse cucumber unpeeled
- 3 tablespoons parsley fresh minced
- 0.5 teaspoon thyme leaves fresh minced
- 2 cloves garlic minced
- 10.5 ounces mild goat cheese such as Montrachet, at room temperature
- 0.8 teaspoon kosher salt
- 8 ounces cream cheese low-fat room temperature

- 5 tablespoons milk low-fat
- 1 loaf dense 7-grain bread thinly sliced

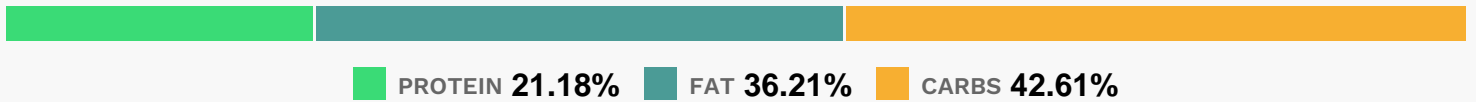
Equipment

- bowl
- hand mixer

Directions

- Place the cream cheese, goat cheese, garlic, thyme, parsley, 5 tablespoons milk, salt, and pepper in the bowl of an electric mixer fitted with the paddle attachment. Beat on medium speed until well mixed.
- Add an additional tablespoon of milk if the spread is very thick.
- To make the sandwiches: spread each slice of the bread with the goat cheese spread. Slice the cucumber into thin rounds and arrange on half of the bread slices. Top with the remaining bread and press slightly.
- Cut the sandwiches into halves, thirds, or triangles.

Nutrition Facts



Properties

Glycemic Index:27.96, Glycemic Load:22.17, Inflammation Score:-7, Nutrition Score:20.611739137898%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 381.74kcal (19.09%), Fat: 15.37g (23.65%), Saturated Fat: 8.69g (54.3%), Carbohydrates: 40.69g (13.56%), Net Carbohydrates: 35.21g (12.8%), Sugar: 6.73g (7.48%), Cholesterol: 32.89mg (10.96%), Sodium: 844.63mg (36.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.22g (40.44%), Manganese: 1.92mg (95.82%), Selenium: 24.45µg (34.94%), Phosphorus: 338.42mg (33.84%), Vitamin K: 35.14µg (33.47%), Vitamin B1: 0.39mg

(25.98%), Calcium: 254.28mg (25.43%), Copper: 0.51mg (25.36%), Fiber: 5.48g (21.91%), Vitamin B2: 0.36mg (21.21%), Magnesium: 80.65mg (20.16%), Vitamin B3: 4.01mg (20.07%), Iron: 3.16mg (17.53%), Vitamin B6: 0.33mg (16.28%), Vitamin A: 721.83IU (14.44%), Zinc: 2.13mg (14.22%), Folate: 53.37µg (13.34%), Vitamin B5: 1.21mg (12.12%), Potassium: 371.89mg (10.63%), Vitamin B12: 0.39µg (6.48%), Vitamin C: 3.63mg (4.4%), Vitamin E: 0.63mg (4.19%), Vitamin D: 0.34µg (2.25%)