



Herbed Goat Cheese Sandwiches

READY IN



15 min.

SERVINGS



40

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 ounces cream cheese at room temperature
- ☐ 1 hothouse cucumber peeled
- ☐ 3 tablespoons parsley fresh minced
- ☐ 0.5 teaspoon thyme leaves fresh minced
- ☐ 2 cloves garlic minced
- ☐ 5 tablespoons heavy cream
- ☐ 0.8 teaspoon kosher salt
- ☐ 2 loaves 7-grain bread thinly sliced

☐ 10.5 ounces monterchets at room temperature

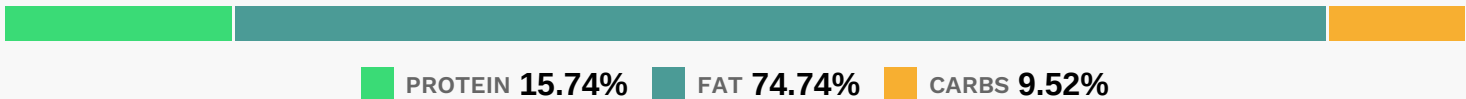
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ For the spread, 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 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. Press slightly, trim off the crusts and cut the sandwiches into halves, thirds or triangles. Make these sandwiches in the morning, then cover with damp paper towels and plastic wrap and refrigerate.
- ☐ Cut just before serving.
- ☐ Photograph by Quentin Bacon

Nutrition Facts



Properties

Glycemic Index:6.27, Glycemic Load:0.48, Inflammation Score:-2, Nutrition Score:1.6430434701235%

Flavonoids

Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

Nutrients (% of daily need)

Calories: 50.74kcal (2.54%), Fat: 4.26g (6.56%), Saturated Fat: 2.67g (16.71%), Carbohydrates: 1.22g (0.41%), Net Carbohydrates: 1.06g (0.39%), Sugar: 0.5g (0.56%), Cholesterol: 11.27mg (3.76%), Sodium: 95.95mg (4.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.04%), Vitamin K: 5.93µg (5.64%), Vitamin A: 212.63IU

(4.25%), Copper: 0.07mg (3.28%), Phosphorus: 31.22mg (3.12%), Vitamin B2: 0.05mg (2.92%), Manganese: 0.05mg (2.51%), Calcium: 21.41mg (2.14%), Selenium: 1.14µg (1.63%), Vitamin B6: 0.03mg (1.58%), Iron: 0.23mg (1.28%), Vitamin B5: 0.12mg (1.18%), Magnesium: 4.08mg (1.02%), Vitamin B1: 0.02mg (1.02%)