



Jarlsberg, Onion and Apple Canapés

READY IN



25 min.

SERVINGS



16

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 medium apples unpeeled thinly sliced
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoons chives fresh chopped
- ☐ 1 medium onion sliced cut into fourths and
- ☐ 16 slices pumpernickel bread
- ☐ 4 ounces swiss cheese thinly sliced

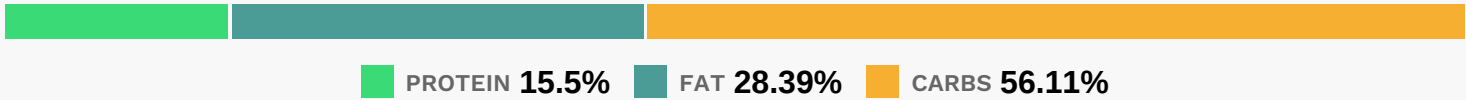
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 400F. Melt butter in 10-inch skillet over medium heat. Cook onion in butter 4 to 6 minutes, stirring occasionally, until tender.
- ☐ Cut cheese to fit bread.
- ☐ Spread each bread slice with Dijon-mayonnaise blend. Top each with onion, apple and cheese.
- ☐ Sprinkle with chives.
- ☐ Place in ungreased jelly roll pan, 15 1/2x10 1/2x1 inch.
- ☐ Bake about 5 minutes or until cheese is melted.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:13.69, Glycemic Load:7.94, Inflammation Score:-3, Nutrition Score:5.7386957199677%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 123.44kcal (6.17%), Fat: 3.95g (6.08%), Saturated Fat: 1.58g (9.9%), Carbohydrates: 17.58g (5.86%), Net Carbohydrates: 15.06g (5.48%), Sugar: 1.66g (1.85%), Cholesterol: 6.59mg (2.2%), Sodium: 222.79mg (9.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.71%), Manganese: 0.44mg (21.77%), Selenium: 10.33µg (14.75%), Phosphorus: 102.21mg (10.22%), Fiber: 2.51g (10.06%), Calcium: 88.13mg (8.81%), Folate: 32.32µg (8.08%),

Vitamin B1: 0.11mg (7.5%), Vitamin B2: 0.13mg (7.36%), Iron: 0.97mg (5.41%), Zinc: 0.81mg (5.38%), Magnesium: 21.43mg (5.36%), Copper: 0.1mg (5.1%), Vitamin B3: 1.02mg (5.09%), Vitamin B12: 0.21µg (3.58%), Vitamin B6: 0.06mg (2.96%), Potassium: 96.13mg (2.75%), Vitamin A: 105.23IU (2.1%), Vitamin B5: 0.18mg (1.79%), Vitamin E: 0.23mg (1.53%), Vitamin C: 1.15mg (1.39%)