



Kentucky Benedictine Tea Sandwiches

 Vegetarian

READY IN



15 min.

SERVINGS



100

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 oz cream cheese softened
- ☐ 1 cup cucumber peeled seeded finely chopped
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 0.5 cup spring onion minced
- ☐ 2 tablespoons mayonnaise
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 48 slices sandwich bread white

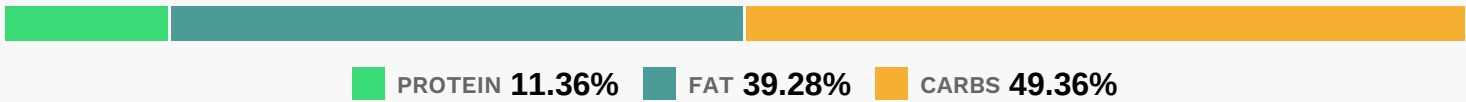
Equipment

☐ serrated knife

Directions

- ☐ Stir together first 7 ingredients.
- ☐ Spread mixture on 1 side of 24 bread slices; top with remaining 24 bread slices. Trim crusts from sandwiches; cut each sandwich into 4 triangles with a serrated knife.
- ☐ Pair with: Baumard Savennires or Oregon Pinot Gris.

Nutrition Facts



Properties

Glycemic Index:2.46, Glycemic Load:4.29, Inflammation Score:-1, Nutrition Score:1.7073913067579%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 50.58kcal (2.53%), Fat: 2.21g (3.39%), Saturated Fat: 1.05g (6.55%), Carbohydrates: 6.24g (2.08%), Net Carbohydrates: 5.93g (2.16%), Sugar: 0.84g (0.94%), Cholesterol: 4.7mg (1.57%), Sodium: 85.07mg (3.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.87%), Selenium: 3.19µg (4.55%), Vitamin B1: 0.06mg (4.18%), Manganese: 0.08mg (3.81%), Folate: 14.43µg (3.61%), Calcium: 30.58mg (3.06%), Vitamin B3: 0.58mg (2.9%), Iron: 0.43mg (2.38%), Vitamin B2: 0.04mg (2.38%), Phosphorus: 19.03mg (1.9%), Vitamin K: 1.72µg (1.64%), Vitamin A: 76.29IU (1.53%), Fiber: 0.3g (1.21%)