



Liverwurst Sandwich

 Dairy Free

READY IN



3 min.

SERVINGS



1

CALORIES



323 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

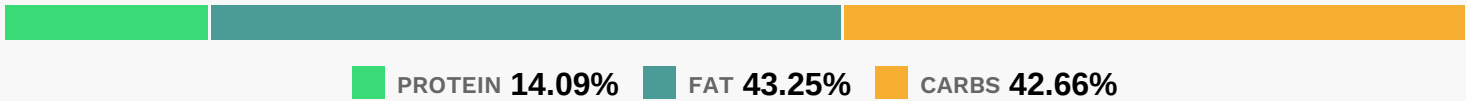
- ☐ 2 slices braunschweiger liverwurst
- ☐ 2 slices cocktail rye bread white
- ☐ 1 serving lettuce
- ☐ 1 serving mayonnaise

Equipment

Directions

Spread bread slice with mayonnaise (and mustard if you prefer), layer on the lettuce, liverwurst slices, and pickled red onions (if using). Top with bread slice.

Nutrition Facts



Properties

Glycemic Index:162.33, Glycemic Load:14.97, Inflammation Score:-10, Nutrition Score:23.919999881445%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 322.78kcal (16.14%), Fat: 15.49g (23.83%), Saturated Fat: 4.7g (29.38%), Carbohydrates: 34.37g (11.46%), Net Carbohydrates: 29.59g (10.76%), Sugar: 4.24g (4.71%), Cholesterol: 58.56mg (19.52%), Sodium: 729.82mg (31.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.36g (22.71%), Vitamin A: 10413.98IU (208.28%), Vitamin B12: 4.85µg (80.84%), Selenium: 40.84µg (58.34%), Vitamin B2: 0.61mg (35.78%), Manganese: 0.69mg (34.73%), Vitamin B1: 0.41mg (27.5%), Vitamin K: 28.74µg (27.37%), Folate: 107.21µg (26.8%), Iron: 4.49mg (24.94%), Vitamin B3: 4.09mg (20.45%), Fiber: 4.78g (19.12%), Phosphorus: 181.44mg (18.14%), Vitamin B5: 1.43mg (14.31%), Copper: 0.23mg (11.42%), Zinc: 1.7mg (11.31%), Magnesium: 36.19mg (9.05%), Potassium: 293.73mg (8.39%), Vitamin B6: 0.15mg (7.7%), Calcium: 72.42mg (7.24%), Vitamin E: 0.5mg (3.35%), Vitamin C: 2.75mg (3.33%)