



Liverwurst Tea Sandwiches

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



257 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon caraway seeds
- ☐ 1 cucumber peeled sliced (, if waxed)
- ☐ 4 teaspoons dijon mustard
- ☐ 0.5 pound liverwurst 1 sliced
- ☐ 8 teaspoons mayonnaise
- ☐ 8 pieces sandwich bread white thinly sliced

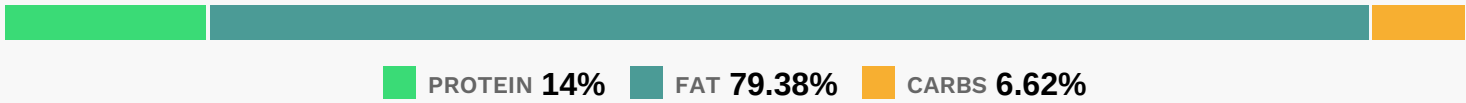
Equipment

- ☐ serrated knife

Directions

- ☐ Arrange the bread slices on a clean work surface.
- ☐ Spread each slice with some of the mayonnaise, then spread 4 of the slices with the mustard. Arrange the liverwurst on the mustard-coated bread slices. Drape the cucumber over the liverwurst.
- ☐ Sprinkle with the caraway seeds, then top with the remaining slices of bread, mayonnaise-side down. Using a serrated knife, trim the crusts. Slice each sandwich in half before serving.

Nutrition Facts



Properties

Glycemic Index:49.94, Glycemic Load:1.25, Inflammation Score:-10, Nutrition Score:19.727391226784%

Nutrients (% of daily need)

Calories: 257.11kcal (12.86%), Fat: 22.52g (34.65%), Saturated Fat: 6.99g (43.66%), Carbohydrates: 4.22g (1.41%), Net Carbohydrates: 3.39g (1.23%), Sugar: 1.26g (1.4%), Cholesterol: 92.94mg (30.98%), Sodium: 604.47mg (26.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.94g (17.88%), Vitamin A: 15750.15IU (315%), Vitamin B12: 7.64µg (127.35%), Selenium: 35.32µg (50.46%), Vitamin B2: 0.61mg (36.05%), Iron: 3.98mg (22.1%), Vitamin B5: 1.89mg (18.92%), Vitamin K: 18.52µg (17.64%), Phosphorus: 156.21mg (15.62%), Vitamin B1: 0.2mg (13.22%), Vitamin B3: 2.59mg (12.97%), Zinc: 1.5mg (10%), Copper: 0.2mg (9.91%), Manganese: 0.18mg (8.88%), Folate: 30.49µg (7.62%), Vitamin B6: 0.15mg (7.62%), Potassium: 211.52mg (6.04%), Magnesium: 19.15mg (4.79%), Calcium: 34.11mg (3.41%), Fiber: 0.83g (3.33%), Vitamin C: 2.45mg (2.97%), Vitamin E: 0.31mg (2.07%)