



 **67%**
HEALTH SCORE

Mini Sandwich Buffet: Mini Grilled Cheese and Tomato, Mini Rachael's and Mini Spicy Patty Melts

 Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



1700 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings chess men butter cookies (recommended: Pepperidge Farm brand)
- 4 tablespoons butter cut into pieces
- 2 tablespoons spring onion chopped
- 1 pound ground sirloin
- 4 servings m&m candies good
- 0.5 small onion finely chopped

- 0.5 cup bell pepper sweet red
- 4 servings pretzels mini
- 2 plum tomatoes sliced
- 16 slices pumpernickel bread mini
- 16 slices cocktail rye bread mini
- 1 teaspoon steak seasoning (recommended: Montreal Steak Seasoning)
- 4 servings salt and pepper
- 1 pound sauerkraut rinsed drained
- 0.3 pound sharp cheddar cheese sliced
- 0.3 pound swiss cheese thinly sliced
- 1 pound turkey smoked thinly sliced
- 1 tablespoon vegetable oil
- 2 tablespoons vegetable oil
- 2 teaspoons worcestershire sauce

Equipment

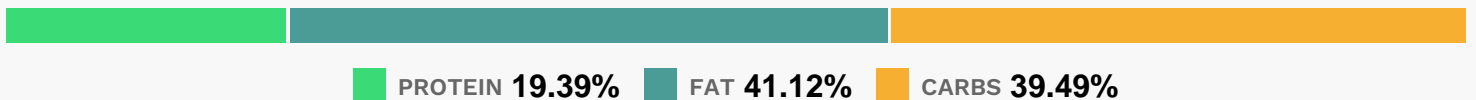
- frying pan
- baking sheet
- oven
- pot
- grill
- pastry brush

Directions

- Watch how to make this recipe.
- Preheat oven to warm, 250 degrees F.
- Preheat large griddle or large nonstick skillet over medium heat.
- To a small pot over medium low heat add 2 tablespoons vegetable oil, eyeball it. To warm oil, add butter and melt it into the oil. Keep a pastry brush on a spoon rest or small plate on hand.

- Lay out 8 slices of rye bread. Dot bread with teaspoonfuls of red pepper relish. Top with even amounts of smoked turkey, sauerkraut and thinly sliced cheese. Top cheese with remaining slices of bread.
- Brush griddle or skillet with oil and butter mixture. Grill and toast sandwiches 2 or 3 minutes on each side.
- Transfer sandwiches to cookie sheet and place in oven to keep warm. Wipe off griddle or skillet.
- Lay out 8 slices of mini pumpernickel bread.
- Cut sliced Swiss cheese into pieces that will fit bread.
- Layer cheese and sliced tomatoes on bread. Season with salt, pepper, chives and place another layer of cheese on tomatoes. Top sandwiches with another slice of bread.
- Brush griddle or skillet liberally with oil and butter. Grill and toast sandwiches 2 or 3 minutes on each side.
- Transfer grilled cheese and tomato sandwiches to warm oven. Wipe griddle or skillet clean.
- Mix beef, Worcestershire, onion and seasoning or salt and pepper. Form 8 small patties. Raise heat to medium high. Fry patties in 1 tablespoon vegetable oil on griddle or skillet 2 or 3 minutes on each side.
- Place patties on rye bread bottoms and wipe griddle or skillet clean. Top patties with cheese and another slice of bread. Reduce heat on griddle or skillet back to medium and brush with oil and butter. Grill sandwiches 2 or 3 minutes on each side until toasted.
- Remove mini Rachael's and grilled cheese and tomato sandwiches from the warm oven. Pass trays of sandwiches with mini pickles, mini pretzels. Mini candies and cookies treat your sweet tooth.

Nutrition Facts



Properties

Glycemic Index:114.08, Glycemic Load:78.67, Inflammation Score:-10, Nutrition Score:65.498695580856%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 1700.45kcal (85.02%), Fat: 77.83g (119.73%), Saturated Fat: 32.78g (204.86%), Carbohydrates: 168.15g (56.05%), Net Carbohydrates: 146.64g (53.32%), Sugar: 20.49g (22.77%), Cholesterol: 231.59mg (77.2%), Sodium: 3460.79mg (150.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 82.58g (165.15%), Selenium: 127.48µg (182.12%), Manganese: 3.31mg (165.48%), Phosphorus: 1147.96mg (114.8%), Vitamin B3: 22.45mg (112.24%), Folate: 382.43µg (95.61%), Vitamin B2: 1.55mg (91.4%), Zinc: 13.18mg (87.87%), Fiber: 21.5g (86.02%), Vitamin B1: 1.26mg (83.78%), Calcium: 805.66mg (80.57%), Iron: 14.25mg (79.17%), Vitamin B12: 4.72µg (78.73%), Vitamin B6: 1.45mg (72.29%), Vitamin C: 47.65mg (57.76%), Magnesium: 212.78mg (53.19%), Vitamin K: 54.32µg (51.73%), Copper: 0.96mg (48.13%), Potassium: 1467.15mg (41.92%), Vitamin A: 1958.96IU (39.18%), Vitamin B5: 2.96mg (29.55%), Vitamin E: 3.85mg (25.69%), Vitamin D: 0.58µg (3.88%)