



Moroccan Carrot and Goat Cheese Sandwiches with Green Olive Tapenade

READY IN



300 min.

SERVINGS



6

CALORIES



425 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 fillet anchovy chopped
- ☐ 0.5 teaspoon pepper black
- ☐ 3 tablespoons capers rinsed drained
- ☐ 1.5 lb carrots
- ☐ 0.3 teaspoon ground pepper
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.8 cup goat cheese soft at room temperature

- ☐ 1 teaspoon ground cumin
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest fresh finely grated
- ☐ 0.3 cup olive oil
- ☐ 6 oz olives green pitted
- ☐ 12 slices pumpernickel bread
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 2 teaspoons paprika sweet

Equipment

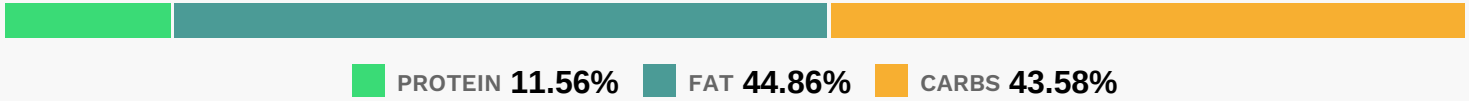
- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ spatula
- ☐ colander

Directions

- ☐ Whisk together sugar, lemon juice, spices, salt, and oil in a large bowl until sugar is dissolved.
- ☐ Halve carrots crosswise on a long diagonal, then, starting from diagonal ends, cut into 1/16-inch-thick slices using slicer. Cook carrots in a 4- to 5-quart pot of boiling salted water until crisp-tender, about 45 seconds.
- ☐ Drain well in a colander and immediately toss with dressing. Cool to room temperature, stirring occasionally, then marinate, covered and chilled, at least 4 hours.
- ☐ Pulse olives with capers, parsley, anchovy, zest, lemon juice, and pepper in a food processor until coarsely chopped, then scrape down side of bowl with a rubber spatula. Pulsing motor, add oil in a slow stream and continue to pulse until mixture is finely chopped (do not pulse to a paste).

- ☐ Spread tapenade on 6 slices of bread and goat cheese on remaining 6 slices, then make sandwiches with carrots.
- ☐ ·Carrots can marinate up to 2 days. · Tapenade can be made 1 week ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:48.99, Glycemic Load:21.17, Inflammation Score:-10, Nutrition Score:24.127391421277%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 5.56mg, Kaempferol: 5.56mg, Kaempferol: 5.56mg, Kaempferol: 5.56mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg

Nutrients (% of daily need)

Calories: 425.37kcal (21.27%), Fat: 21.87g (33.64%), Saturated Fat: 6.32g (39.48%), Carbohydrates: 47.8g (15.93%), Net Carbohydrates: 38.85g (14.13%), Sugar: 10.35g (11.5%), Cholesterol: 13.45mg (4.48%), Sodium: 1508.16mg (65.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.68g (25.36%), Vitamin A: 19934.33IU (398.69%), Vitamin K: 64.74µg (61.65%), Manganese: 1.11mg (55.43%), Fiber: 8.95g (35.8%), Copper: 0.51mg (25.44%), Vitamin E: 3.74mg (24.96%), Selenium: 17.25µg (24.64%), Phosphorus: 235.1mg (23.51%), Vitamin B2: 0.39mg (23.09%), Folate: 91.38µg (22.85%), Vitamin B1: 0.32mg (21.27%), Iron: 3.56mg (19.77%), Vitamin B3: 3.53mg (17.66%), Vitamin B6: 0.34mg (17.09%), Potassium: 563.7mg (16.11%), Magnesium: 61.87mg (15.47%), Calcium: 149.64mg (14.96%), Vitamin C: 12.17mg (14.75%), Zinc: 1.6mg (10.66%), Vitamin B5: 0.81mg (8.09%)