



Olive Tea Sandwiches

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



229 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 hard-cooked eggs chopped
- 1 cup mayonnaise reduced-fat
- 0.5 small onion diced
- 1 cup pecans toasted chopped
- 7.5 ounce pimiento-stuffed olives drained chopped
- 36 slices bread white thin

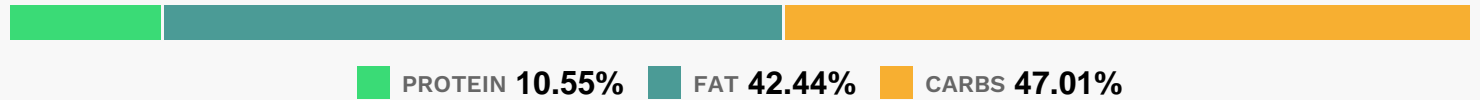
Equipment

- cookie cutter

Directions

- Stir together first 5 ingredients. Cover and chill 1 hour.
- Spread olive mixture on one side of 18 bread slices; top with remaining bread slices. Trim crusts from sandwiches; cut each into triangles, or cut with decorative cookie cutters.
- Note: For testing purposes only, we used Pepperidge Farm Very Thin White Bread Slices.

Nutrition Facts



Properties

Glycemic Index:6.21, Glycemic Load:17.6, Inflammation Score:-3, Nutrition Score:8.2247826353363%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 229.14kcal (11.46%), Fat: 10.92g (16.79%), Saturated Fat: 1.6g (10.01%), Carbohydrates: 27.21g (9.07%), Net Carbohydrates: 25.11g (9.13%), Sugar: 3.54g (3.93%), Cholesterol: 22.71mg (7.57%), Sodium: 532.65mg (23.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.11g (12.21%), Manganese: 0.55mg (27.42%), Selenium: 13.96µg (19.94%), Vitamin B1: 0.3mg (19.86%), Folate: 60.38µg (15.09%), Vitamin B3: 2.48mg (12.4%), Calcium: 119.46mg (11.95%), Iron: 1.96mg (10.91%), Vitamin B2: 0.16mg (9.24%), Phosphorus: 84.19mg (8.42%), Fiber: 2.1g (8.4%), Copper: 0.15mg (7.3%), Vitamin K: 7.16µg (6.82%), Vitamin E: 0.97mg (6.45%), Magnesium: 22.45mg (5.61%), Zinc: 0.76mg (5.09%), Vitamin B5: 0.41mg (4.05%), Vitamin B6: 0.07mg (3.53%), Potassium: 99.71mg (2.85%), Vitamin A: 87.64IU (1.75%), Vitamin B12: 0.06µg (1.03%)