



Open-Faced Mediterranean Sandwiches

 Vegetarian

READY IN



11 min.

SERVINGS



4

CALORIES



289 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 10 ounce personal size bread shells italian (such as Boboli)
- ☐ 0.5 cup basil leaves fresh
- ☐ 1 garlic clove minced
- ☐ 10 kalamata olives pitted chopped
- ☐ 0.3 cup cream cheese tub-style reduced-fat
- ☐ 3 tablespoons cup heavy whipping cream sour reduced-fat
- ☐ 7 ounces plum tomatoes sliced lengthwise

- ☐ 0.1 teaspoon salt
- ☐ 1.5 ounces sun-dried tomato and basil feta cheese crumbled

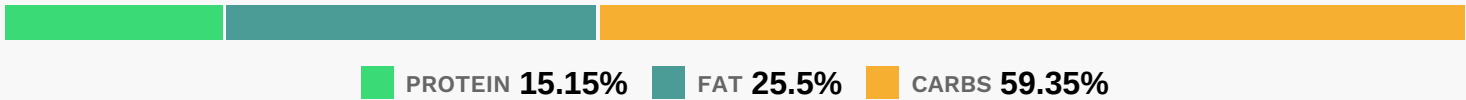
Equipment

- ☐ bowl

Directions

- ☐ Combine cream cheese and next 4 ingredients in a small bowl; stir until smooth.
- ☐ Spread half of cream cheese mixture onto top of each bread shell.
- ☐ Sprinkle 1/4 cup fresh basil leaves on each shell; top each with half of sliced tomatoes, olives, and feta cheese.
- ☐ Cut each bread shell into 4 wedges.

Nutrition Facts



Properties

Glycemic Index:64.67, Glycemic Load:20.08, Inflammation Score:-7, Nutrition Score:17.084348021642%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 289.41kcal (14.47%), Fat: 8.43g (12.97%), Saturated Fat: 2.72g (16.99%), Carbohydrates: 44.14g (14.71%), Net Carbohydrates: 38.99g (14.18%), Sugar: 10.33g (11.47%), Cholesterol: 11.25mg (3.75%), Sodium: 639.34mg (27.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.26g (22.53%), Manganese: 1.15mg (57.72%), Selenium: 22.08µg (31.55%), Vitamin B3: 5.3mg (26.5%), Vitamin B1: 0.38mg (25.34%), Vitamin K: 24.88µg (23.69%), Iron: 3.85mg (21.37%), Fiber: 5.15g (20.59%), Folate: 81.13µg (20.28%), Potassium: 655.19mg (18.72%), Phosphorus: 173.7mg (17.37%), Vitamin B2: 0.28mg (16.62%), Vitamin A: 817.88IU (16.36%), Copper: 0.32mg (15.9%), Calcium: 152.33mg (15.23%), Magnesium: 60.56mg (15.14%), Vitamin C: 11.96mg (14.5%), Vitamin B5: 0.99mg (9.88%), Vitamin B6: 0.18mg (8.97%), Zinc: 1.2mg (8.01%), Vitamin E: 0.88mg (5.85%), Vitamin B12: 0.18µg (2.93%)