



Orange and Cranberry Tea Sandwiches

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



206 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

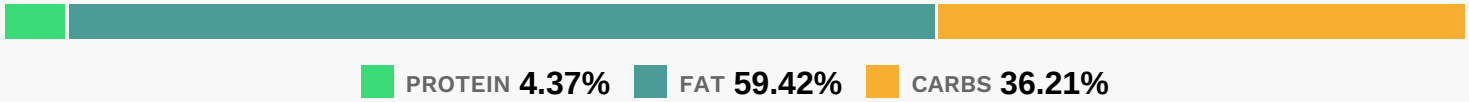
- ☐ 8 oz cream cheese softened
- ☐ 0.3 cup orange marmalade
- ☐ 0.5 cup pecans toasted chopped
- ☐ 0.7 cup cranberries dried sweetened

Equipment

Directions

- ☐
- Stir together softened cream cheese, dried cranberries, orange marmalade, and pecans.
- ☐
- Spread on: pumpernickel bread; sandwich with thinly sliced smoked turkey and fresh arugula.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.45, Inflammation Score:-3, Nutrition Score:3.3126087007315%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 205.89kcal (10.29%), Fat: 14.32g (22.03%), Saturated Fat: 6.12g (38.24%), Carbohydrates: 19.63g (6.54%), Net Carbohydrates: 18.41g (6.69%), Sugar: 16.64g (18.49%), Cholesterol: 28.63mg (9.54%), Sodium: 96.99mg (4.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.74%), Manganese: 0.31mg (15.55%), Vitamin A: 392.47IU (7.85%), Fiber: 1.22g (4.89%), Copper: 0.1mg (4.89%), Phosphorus: 48.81mg (4.88%), Vitamin B2: 0.08mg (4.67%), Selenium: 2.81µg (4.02%), Calcium: 37.81mg (3.78%), Vitamin E: 0.55mg (3.67%), Vitamin B1: 0.05mg (3.29%), Zinc: 0.44mg (2.92%), Magnesium: 10.71mg (2.68%), Vitamin B5: 0.24mg (2.39%), Potassium: 72.67mg (2.08%), Vitamin B6: 0.04mg (1.76%), Vitamin K: 1.58µg (1.5%), Iron: 0.25mg (1.37%), Folate: 5.11µg (1.28%), Vitamin B12: 0.06µg (1.04%)