



Parsley and Sweet Onion Sandwiches



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup parsley fresh finely chopped
- ☐ 0.3 cup mayonnaise
- ☐ 1 large onion sweet ()

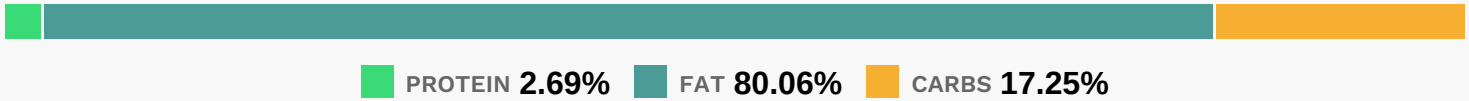
Equipment

- ☐ wax paper

Directions

- ☐ Cut 4 (1/8-inch-thick) slices from widest part of onion, keeping rings intact.
- ☐ Spread each slice of bread with about 1 teaspoon mayonnaise and top 4 slices with 1 onion slice each. Top with remaining bread slices, mayonnaise sides down, then trim onion flush with bread. Quarter sandwiches into small square or triangular sandwiches.
- ☐ Arrange 2 sheets of wax paper on a work surface.
- ☐ Spread remaining 2 1/2 tablespoons mayonnaise in a thin layer on 1 sheet and spread parsley evenly on the other.
- ☐ Dip all edges of 1 sandwich in mayonnaise to coat, then dip in parsley.
- ☐ Transfer to a tray and repeat with remaining sandwiches.

Nutrition Facts



Properties

Glycemic Index:5.13, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:2.5234782694151%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 39.03kcal (1.95%), Fat: 3.52g (5.42%), Saturated Fat: 0.55g (3.43%), Carbohydrates: 1.71g (0.57%), Net Carbohydrates: 1.46g (0.53%), Sugar: 1.08g (1.2%), Cholesterol: 1.96mg (0.65%), Sodium: 32.34mg (1.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.53%), Vitamin K: 38.42µg (36.59%), Vitamin C: 3.49mg (4.23%), Vitamin A: 161.19IU (3.22%), Folate: 7.84µg (1.96%), Vitamin B6: 0.03mg (1.45%), Vitamin E: 0.17mg (1.14%), Potassium: 35.94mg (1.03%)