



Parsley and Sweet Onion Sandwiches



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup parsley fresh finely chopped
- ☐ 0.3 cup mayonnaise
- ☐ 1 large onion sweet ()
- ☐ 8 sandwich bread white firm very thin ()

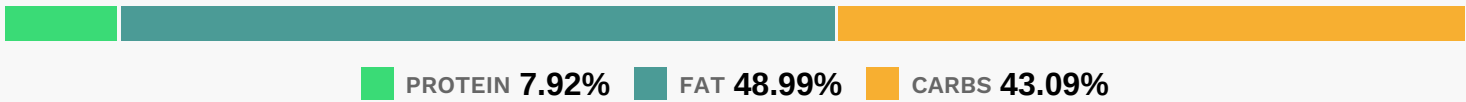
Equipment

- ☐ 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:9.8, Glycemic Load:4.42, Inflammation Score:-3, Nutrition Score:3.9173913168842%

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: 72.78kcal (3.64%), Fat: 3.97g (6.11%), Saturated Fat: 0.65g (4.07%), Carbohydrates: 7.86g (2.62%), Net Carbohydrates: 7.32g (2.66%), Sugar: 1.75g (1.94%), Cholesterol: 1.96mg (0.65%), Sodium: 91.96mg (4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.89%), Vitamin K: 38.44µg (36.61%), Folate: 21.72µg (5.43%), Vitamin B1: 0.07mg (4.93%), Manganese: 0.09mg (4.65%), Selenium: 3.11µg (4.45%), Vitamin C: 3.49mg (4.23%), Calcium: 33.47mg (3.35%), Iron: 0.6mg (3.33%), Vitamin B3: 0.65mg (3.24%), Vitamin A: 161.32IU (3.23%), Phosphorus: 21.78mg (2.18%), Vitamin B2: 0.04mg (2.17%), Fiber: 0.54g (2.14%), Vitamin B6: 0.04mg (2.02%), Magnesium: 6.22mg (1.56%), Copper: 0.03mg (1.54%), Potassium: 50.56mg (1.44%), Vitamin E: 0.2mg (1.33%), Zinc: 0.16mg (1.09%), Vitamin B5: 0.1mg (1.03%)