



Pastrami Football Finger Sandwiches

READY IN



45 min.

SERVINGS



8

CALORIES



618 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pinch pepper black freshly ground
- 16 slices bread and butter pickle
- 1 slices cheese white such as muenster or american (you want a 4-inch square slice)
- 2 tablespoons mayonnaise
- 1 cup cheddar and monterey jack cheese blend shredded
- 8 ounces pastrami thinly sliced
- 0.3 cup pickled piquant peppers such as peppadews, chopped
- 32 slices cocktail pumpernickel bread squares
- 2 tablespoons butter unsalted melted

- 1 teaspoon mustard yellow

Equipment

- bowl
- baking sheet
- oven
- knife
- toothpicks
- cutting board

Directions

- Special equipment: 16 toothpicks
- Preheat the oven to 375 degrees F.
- Mix the shredded cheese, peppers, mayonnaise, mustard and pepper in a medium bowl.
- Stack 4 slices of the bread on a cutting board. Using a knife or 2 1/2-inch round cutter, trim the bread into football shapes, save the trimmings for another use. Continue with the remaining bread.
- Lay the bread slices on a rimmed baking sheet and brush with the melted butter.
- Place in oven and toast until crisp, about 5 minutes.
- Spread about 1 tablespoon of the pepper cheese mixture on the bread. Top with some pastrami, a pickle and another slice of bread.
- To make the laces, cut the cheese into 16 long strips.
- Cut each strip into 1 long and 3 short pieces.
- Lay the long strip lengthwise on the sandwich, and then the 3 short strips crosswise to make the laces. Repeat with all the strips.
- Put the sandwiches back into the oven for 2 minutes to set the cheese laces. Secure the sandwiches with a toothpick and serve.

Nutrition Facts



■ PROTEIN 17.43% ■ FAT 25.74% ■ CARBS 56.83%

Properties

Glycemic Index:45.33, Glycemic Load:44.07, Inflammation Score:-7, Nutrition Score:29.010434860769%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 617.89kcal (30.89%), Fat: 17.79g (27.37%), Saturated Fat: 6.53g (40.83%), Carbohydrates: 88.37g (29.46%), Net Carbohydrates: 77.67g (28.24%), Sugar: 4.15g (4.61%), Cholesterol: 38.39mg (12.8%), Sodium: 1451.4mg (63.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.11g (54.21%), Manganese: 2.36mg (117.78%), Selenium: 53.8µg (76.86%), Vitamin B1: 0.68mg (45.6%), Folate: 172.85µg (43.21%), Vitamin B3: 8.57mg (42.86%), Fiber: 10.7g (42.78%), Phosphorus: 424.86mg (42.49%), Vitamin B2: 0.65mg (38.49%), Iron: 6.63mg (36.81%), Calcium: 291.9mg (29.19%), Zinc: 4.26mg (28.38%), Magnesium: 102.99mg (25.75%), Copper: 0.48mg (24.21%), Vitamin C: 14.91mg (18.08%), Vitamin B6: 0.3mg (15.14%), Potassium: 437.48mg (12.5%), Vitamin B5: 1.12mg (11.24%), Vitamin B12: 0.66µg (11.06%), Vitamin K: 10.64µg (10.14%), Vitamin E: 0.93mg (6.19%), Vitamin A: 258.03IU (5.16%), Vitamin D: 0.17µg (1.1%)