



Pear and Creamy Swiss Cheese on Walnut Bread



Vegetarian



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



318 kcal

SIDE DISH

Ingredients

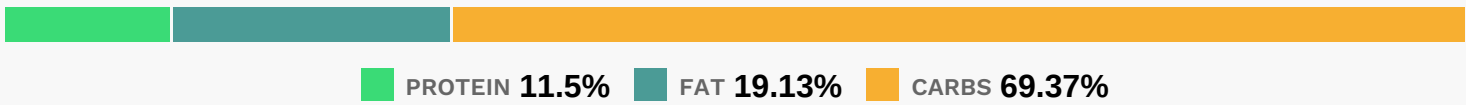
- ☐ 1 cup alfalfa sprouts
- ☐ 1 large purée of usa bartlett pear cored cut lengthwise into 1/4-inch-thick slices
- ☐ 5.2 ounce walnut bread
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons mayonnaise light
- ☐ 1.5 ounce wedges light (such as The Laughing Cow)

Equipment

Directions

- ☐ Spread 1 cheese wedge over each of 2 bread slices. Top each bread slice with half of pear slices and half of alfalfa sprouts
- ☐ Combine mayonnaise and mustard.
- ☐ Spread half of mustard mixture evenly over each of 2 remaining bread slices; place over sprouts, coated side down.
- ☐ Cut sandwiches in half diagonally.

Nutrition Facts



Properties

Glycemic Index:81.83, Glycemic Load:24.88, Inflammation Score:-5, Nutrition Score:14.120000139527%

Flavonoids

Hesperetin: 9.14mg, Hesperetin: 9.14mg, Hesperetin: 9.14mg, Hesperetin: 9.14mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 318.49kcal (15.92%), Fat: 6.87g (10.57%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 56.05g (18.68%), Net Carbohydrates: 48.57g (17.66%), Sugar: 16.15g (17.94%), Cholesterol: 2.24mg (0.75%), Sodium: 494.47mg (21.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.29g (18.59%), Manganese: 0.96mg (48.24%), Selenium: 22.74µg (32.49%), Fiber: 7.48g (29.93%), Vitamin B1: 0.34mg (22.76%), Vitamin B3: 4.44mg (22.22%), Vitamin K: 20.64µg (19.66%), Folate: 77.84µg (19.46%), Iron: 3.21mg (17.86%), Vitamin C: 12.69mg (15.38%), Vitamin B2: 0.24mg (14.23%), Phosphorus: 127.75mg (12.77%), Copper: 0.24mg (12.09%), Calcium: 117.06mg (11.71%), Magnesium: 44.24mg (11.06%), Vitamin B5: 0.81mg (8.07%), Potassium: 261.38mg (7.47%), Zinc: 1.06mg (7.06%), Vitamin B6: 0.13mg (6.4%), Vitamin E: 0.64mg (4.28%), Vitamin A: 81.04IU (1.62%)