



Pear, blue cheese & walnut sandwich topper

 Vegetarian

READY IN



5 min.

SERVINGS



1

CALORIES



202 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

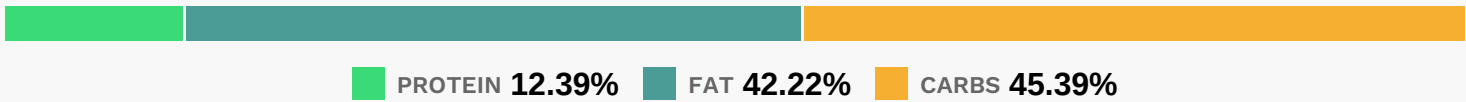
- ☐ 25 g cheese blue
- ☐ 1 small pears sliced
- ☐ 1 handful watercress
- ☐ 2 walnut halves chopped
- ☐ 1 slice wholewheat pita breads seeded

Equipment

Directions

- ☐ Ingredients
- ☐ g blue cheese, or vegetarian alternative
- ☐ small pear, sliced
- ☐ a big handful watercress
- ☐ walnut halves, chopped
- ☐ slice wholegrain seeded bread or rye, or wholegrain pitta, to serve
- ☐ Top bread or fill pitta with cheese, pear, watercress and walnuts.

Nutrition Facts



Properties

Glycemic Index:212.75, Glycemic Load:7.32, Inflammation Score:-4, Nutrition Score:6.8365217576856%

Flavonoids

Cyanidin: 3.16mg, Cyanidin: 3.16mg, Cyanidin: 3.16mg, Cyanidin: 3.16mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 201.63kcal (10.08%), Fat: 10g (15.39%), Saturated Fat: 4.95g (30.97%), Carbohydrates: 24.2g (8.07%), Net Carbohydrates: 19.32g (7.02%), Sugar: 14.66g (16.29%), Cholesterol: 18.75mg (6.25%), Sodium: 294.83mg (12.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.6g (13.21%), Fiber: 4.88g (19.53%), Calcium: 151.3mg (15.13%), Phosphorus: 129.92mg (12.99%), Manganese: 0.22mg (10.85%), Copper: 0.2mg (9.87%), Vitamin K: 9.72µg (9.26%), Vitamin B2: 0.14mg (8.36%), Vitamin C: 6.85mg (8.3%), Potassium: 257.82mg (7.37%), Zinc: 0.95mg (6.31%), Folate: 23.61µg (5.9%), Magnesium: 22.9mg (5.72%), Selenium: 3.98µg (5.68%), Vitamin B6: 0.11mg (5.38%), Vitamin B5: 0.53mg (5.35%), Vitamin A: 260.46IU (5.21%), Vitamin B12: 0.31µg (5.08%), Vitamin B1: 0.04mg (2.81%), Vitamin B3: 0.56mg (2.81%), Iron: 0.48mg (2.65%), Vitamin E: 0.28mg (1.85%)