



Pear-Walnut Sandwiches

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

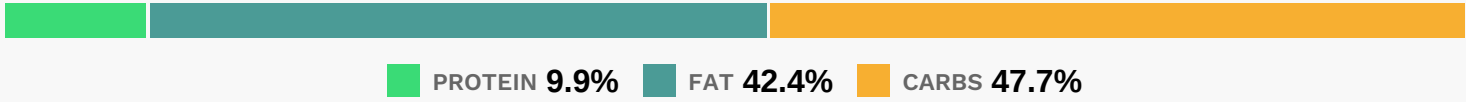
- ☐ 1 cup alfalfa sprouts
- ☐ 2 purée of usa bartlett pear cored thinly sliced
- ☐ 1.1 ounce raisin bread toasted
- ☐ 4 ounces cream cheese light tub-style
- ☐ 2 tablespoons walnut pieces toasted finely chopped

Equipment

Directions

- ☐ Spread 1 tablespoon cream cheese evenly over each of 8 bread slices.
- ☐ Sprinkle 1/2 tablespoon walnuts evenly over each of 4 bread slices. Top each evenly with pear slices, sprouts, and 1 bread slice.
- ☐ Cut each sandwich in half diagonally.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:7.07, Inflammation Score:-3, Nutrition Score:5.4360869423203%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 169.01kcal (8.45%), Fat: 8.14g (12.52%), Saturated Fat: 2.98g (18.6%), Carbohydrates: 20.6g (6.87%), Net Carbohydrates: 17.01g (6.19%), Sugar: 10.86g (12.07%), Cholesterol: 15.31mg (5.1%), Sodium: 130.31mg (5.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.56%), Fiber: 3.59g (14.34%), Manganese: 0.26mg (13.07%), Copper: 0.19mg (9.32%), Phosphorus: 84.45mg (8.45%), Vitamin B2: 0.12mg (7.32%), Folate: 26.86µg (6.72%), Calcium: 62.65mg (6.27%), Vitamin K: 6.48µg (6.17%), Potassium: 206.18mg (5.89%), Vitamin C: 4.67mg (5.65%), Magnesium: 19.76mg (4.94%), Vitamin B1: 0.07mg (4.78%), Selenium: 3.08µg (4.4%), Vitamin B12: 0.26µg (4.35%), Vitamin A: 195.2IU (3.9%), Vitamin B5: 0.38mg (3.82%), Iron: 0.67mg (3.71%), Vitamin B6: 0.07mg (3.55%), Zinc: 0.52mg (3.46%), Vitamin B3: 0.55mg (2.74%), Vitamin E: 0.24mg (1.61%)