



Pickled Radish and Sweet Butter Tea Sandwiches

 Vegetarian

READY IN



1490 min.

SERVINGS



16

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bay leaves
- 16 servings pepper black freshly ground
- 0.3 teaspoon peppercorns whole black
- 0.5 teaspoon brown mustard seeds yellow
- 0.3 teaspoon coriander seeds
- 0.3 cup granulated sugar
- 16 servings kosher salt

- 1 bunch radishes red (10 to 13 radishes)
- 0.5 cup red wine vinegar
- 4 tablespoons butter unsalted at room temperature ()
- 0.3 cup water
- 1 cup watercress (from)
- 8 slices sandwich bread white

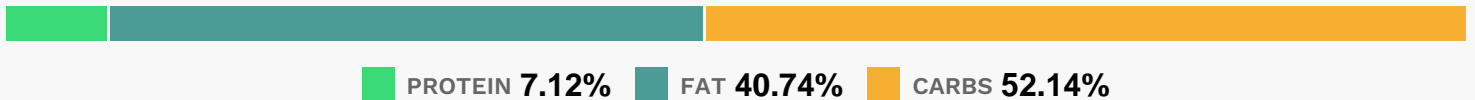
Equipment

- sauce pan

Directions

- Combine all of the ingredients except the radishes in a small saucepan and bring to a simmer over medium–high heat, stirring occasionally until the sugar has dissolved.
- Spread 1/2 tablespoon of the butter on each bread slice. Season with salt and pepper. Divide the watercress among 4 of the bread slices. Shingle the pickled radishes over the watercress (about 20 per sandwich), overlapping them slightly. Close the sandwiches with the remaining 4 slices of bread. Trim the crusts. Make 2 cuts on each sandwich to form 4 rectangular tea sandwiches.

Nutrition Facts



Properties

Glycemic Index:17.05, Glycemic Load:6.61, Inflammation Score:-2, Nutrition Score:2.1869564966663%

Flavonoids

Pelargonidin: 1.97mg, Pelargonidin: 1.97mg, Pelargonidin: 1.97mg, Pelargonidin: 1.97mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 73.58kcal (3.68%), Fat: 3.32g (5.1%), Saturated Fat: 1.9g (11.91%), Carbohydrates: 9.55g (3.18%), Net Carbohydrates: 9.14g (3.32%), Sugar: 3.85g (4.28%), Cholesterol: 7.53mg (2.51%), Sodium: 256.75mg (11.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.61%), Vitamin K: 5.9µg (5.62%), Manganese: 0.11mg

(5.41%), Vitamin B1: 0.07mg (4.41%), Selenium: 3.02µg (4.31%), Folate: 15µg (3.75%), Calcium: 32.29mg (3.23%), Vitamin A: 156.93IU (3.14%), Vitamin B3: 0.61mg (3.06%), Iron: 0.5mg (2.76%), Vitamin B2: 0.04mg (2.12%), Phosphorus: 17.89mg (1.79%), Vitamin C: 1.42mg (1.73%), Fiber: 0.41g (1.62%), Magnesium: 4.96mg (1.24%), Copper: 0.02mg (1.18%), Potassium: 35.47mg (1.01%)