



Radish-Chive Tea Sandwiches with Sesame and Ginger

 Vegetarian

READY IN



30 min.

SERVINGS



16

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16.3 inch thick baguette
- ☐ 4 tablespoons butter room temperature
- ☐ 3 tablespoons chives divided minced
- ☐ 0.8 teaspoon ginger fresh grated peeled
- ☐ 10 radishes thinly sliced
- ☐ 0.3 teaspoon asian sesame oil
- ☐ 1 tablespoon sesame seed toasted

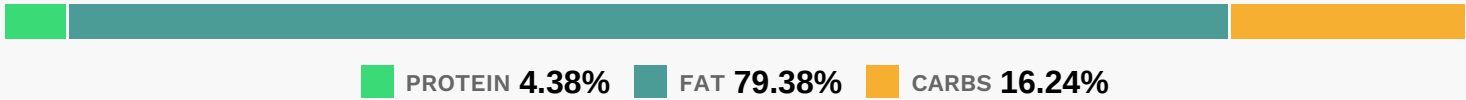
Equipment

☐ bowl

Directions

- ☐ Mix butter, 2 tablespoons chives, sesame seeds, ginger, and oil in small bowl; season with salt and pepper.
- ☐ Spread butter mixtureover each bread slice. Top with radishes, overlapping slightly.
- ☐ Sprinkle with remainingchives and fleur de sel, if desired.
- ☐ *Available at some supermarkets and atspecialty foods stores.

Nutrition Facts



Properties

Glycemic Index:15.55, Glycemic Load:0.89, Inflammation Score:-1, Nutrition Score:0.80913043378488%

Flavonoids

Pelargonidin: 1.58mg, Pelargonidin: 1.58mg, Pelargonidin: 1.58mg, Pelargonidin: 1.58mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 35.84kcal (1.79%), Fat: 3.23g (4.96%), Saturated Fat: 1.86g (11.62%), Carbohydrates: 1.49g (0.5%), Net Carbohydrates: 1.32g (0.48%), Sugar: 0.18g (0.2%), Cholesterol: 7.53mg (2.51%), Sodium: 39.51mg (1.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.8%), Vitamin A: 112.17IU (2.24%), Vitamin K: 1.56µg (1.49%), Manganese: 0.03mg (1.42%), Vitamin B1: 0.02mg (1.33%), Copper: 0.03mg (1.29%), Folate: 4.58µg (1.14%)