



Radish Rosette Canapes

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons process cream cheese product light softened
- ☐ 2 tablespoons green onions minced
- ☐ 2 radishes shredded finely
- ☐ 3 ounce bread white reduced-calorie

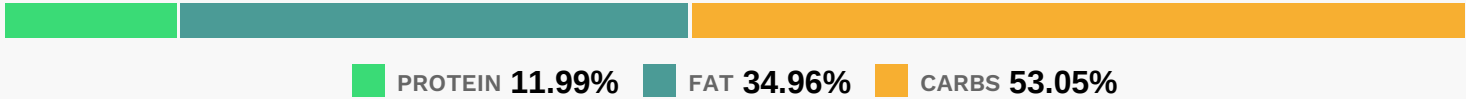
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Cut 2 rounds from each slice of bread, using a 2-inch biscuit cutter. Reserve excess bread for another use.
- ☐ Place rounds on a baking sheet; broil 5 1/2 inches from heat (with electric oven door partially opened) 1 to 2 minutes on one side or until golden.
- ☐ Let cool.
- ☐ Combine cream cheese and green onions.
- ☐ Spread cheese mixture evenly on untoasted sides of bread rounds. Top each with 1 teaspoon radish, lightly pressing into cheese mixture.

Nutrition Facts



Properties

Glycemic Index:20.72, Glycemic Load:3.81, Inflammation Score:-1, Nutrition Score:1.6004347710506%

Flavonoids

Pelargonidin: 0.63mg, Pelargonidin: 0.63mg, Pelargonidin: 0.63mg, Pelargonidin: 0.63mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 42.03kcal (2.1%), Fat: 1.63g (2.51%), Saturated Fat: 0.82g (5.13%), Carbohydrates: 5.57g (1.86%), Net Carbohydrates: 5.28g (1.92%), Sugar: 0.76g (0.84%), Cholesterol: 3.66mg (1.22%), Sodium: 62.72mg (2.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.52%), Selenium: 2.79µg (3.99%), Vitamin B1: 0.06mg (3.71%), Folate: 13.34µg (3.33%), Manganese: 0.07mg (3.32%), Vitamin K: 3.22µg (3.06%), Calcium: 27.28mg (2.73%), Vitamin B3: 0.52mg (2.6%), Iron: 0.39mg (2.15%), Vitamin B2: 0.04mg (2.08%), Phosphorus: 16.65mg (1.66%), Vitamin A: 63.82IU (1.28%), Fiber: 0.3g (1.2%)