



## Roasted Red Pepper Spread Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 3 ounces cream cheese fat-free block-style softened
- ☐ 0.5 cup cucumber seeded finely chopped
- ☐ 1 garlic clove minced
- ☐ 1.5 ounce whole-grain bread
- ☐ 3 tablespoons onion red minced
- ☐ 7 ounce roasted bell peppers red drained finely chopped
- ☐ 8 romaine lettuce leaves
- ☐ 0.3 teaspoon salt

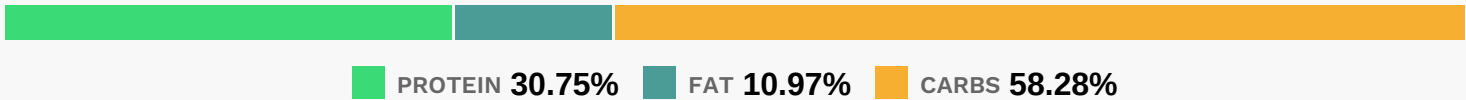
# Equipment

- ☐ bowl
- ☐ paper towels
- ☐ spatula

# Directions

- ☐ Spread cucumber and bell peppers onto several layers of heavy-duty paper towels; let stand 5 minutes to drain excess moisture.
- ☐ Scrape into a medium bowl using a rubber spatula.
- ☐ Add the cheeses, onion, salt, and garlic; stir with a fork until well blended.
- ☐ Spread about 1/2 cup cheese mixture over 4 bread slices; top each serving with 2 lettuce leaves and 1 bread slice.

# Nutrition Facts



# Properties

Glycemic Index:35.42, Glycemic Load:3.01, Inflammation Score:-10, Nutrition Score:15.527826099292%

# Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

# Nutrients (% of daily need)

Calories: 73.89kcal (3.69%), Fat: 0.94g (1.45%), Saturated Fat: 0.26g (1.66%), Carbohydrates: 11.3g (3.77%), Net Carbohydrates: 8.63g (3.14%), Sugar: 2.86g (3.17%), Cholesterol: 2.55mg (0.85%), Sodium: 1026.87mg (44.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.96g (11.92%), Vitamin A: 5159.36IU (103.19%), Vitamin K: 59.51µg (56.68%), Vitamin C: 26.63mg (32.28%), Folate: 99.78µg (24.94%), Manganese: 0.43mg (21.57%), Phosphorus: 167.27mg (16.73%), Calcium: 136.28mg (13.63%), Fiber: 2.67g (10.68%), Potassium: 333.04mg (9.52%), Vitamin B6: 0.19mg (9.51%), Vitamin B2: 0.13mg (7.85%), Vitamin B1: 0.11mg (7.53%), Iron: 1.32mg (7.33%), Magnesium: 29.1mg (7.27%), Copper: 0.14mg (7.01%), Selenium: 4.32µg (6.17%), Zinc: 0.77mg (5.16%), Vitamin B3: 0.99mg (4.94%), Vitamin B5: 0.4mg (4.03%), Vitamin B12: 0.2µg (3.37%)