



Sandwich Puzzle

 Vegetarian

READY IN



10 min.

SERVINGS



1

CALORIES



277 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp philadelphia cream cheese spread
- 1 Tbsp raspberry jam
- 2 slices bread whole wheat

Equipment

Directions

- Spread 1 bread slice with cream cheese spread; top with jam and remaining bread slice.

Cut sandwich into irregular-shaped pieces to form a puzzle.

Place pieces in tightly covered plastic container.

Nutrition Facts

PROTEIN 12.97% **FAT 29.16%** **CARBS 57.87%**

Properties

Glycemic Index:124.7, Glycemic Load:21.94, Inflammation Score:-4, Nutrition Score:9.7386956111245%

Nutrients (% of daily need)

Calories: 277.2kcal (13.86%), Fat: 8.94g (13.75%), Saturated Fat: 4.87g (30.43%), Carbohydrates: 39.9g (13.3%), Net Carbohydrates: 36.32g (13.21%), Sugar: 13.16g (14.62%), Cholesterol: 19.84mg (6.61%), Sodium: 406.88mg (17.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.95g (17.89%), Manganese: 1.2mg (60.18%), Selenium: 14.85µg (21.21%), Vitamin B1: 0.22mg (14.81%), Fiber: 3.58g (14.32%), Calcium: 133.68mg (13.37%), Vitamin B3: 2.49mg (12.44%), Phosphorus: 122.52mg (12.25%), Magnesium: 43.92mg (10.98%), Iron: 1.53mg (8.51%), Copper: 0.15mg (7.33%), Zinc: 1mg (6.65%), Folate: 25.72µg (6.43%), Vitamin B2: 0.11mg (6.36%), Vitamin B6: 0.13mg (6.25%), Vitamin A: 305.68IU (6.11%), Potassium: 155.4mg (4.44%), Vitamin K: 4.37µg (4.16%), Vitamin B5: 0.39mg (3.88%), Vitamin E: 0.33mg (2.18%), Vitamin C: 1.76mg (2.13%)