



## Sardine Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



940 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 8 focaccia bread split
- 1 tablespoons capers rinsed drained
- 8 ounce cream cheese with chive and onion
- 1 teaspoon dillweed fresh
- 8.8 ounce sardines in olive oil boneless skinless canned
- 1 onion red thinly sliced
- 0.3 cup cup heavy whipping cream sour

## Equipment

## Directions

- Combine first 3 ingredients; spread on cut sides of focaccia. Arrange sardines, capers, and onion on cream cheese mixture on 4 pieces of focaccia. Top with remaining bread.

## Nutrition Facts

PROTEIN 4.26% FAT 81.89% CARBS 13.85%

## Properties

Glycemic Index:31.92, Glycemic Load:15.7, Inflammation Score:-7, Nutrition Score:15.499565404394%

## Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 2.81mg, Kaempferol: 2.81mg, Kaempferol: 2.81mg, Kaempferol: 2.81mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.05mg, Quercetin: 9.05mg, Quercetin: 9.05mg, Quercetin: 9.05mg

## Nutrients (% of daily need)

Calories: 940.03kcal (47%), Fat: 86.89g (133.68%), Saturated Fat: 21.87g (136.69%), Carbohydrates: 33.06g (11.02%), Net Carbohydrates: 30.29g (11.02%), Sugar: 7.01g (7.78%), Cholesterol: 65.75mg (21.92%), Sodium: 505.11mg (21.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.18g (20.36%), Vitamin E: 9.6mg (64.01%), Vitamin K: 42.09µg (40.08%), Manganese: 0.71mg (35.63%), Selenium: 21.7µg (31%), Vitamin B2: 0.31mg (18%), Vitamin B1: 0.26mg (17.27%), Vitamin A: 857.38IU (17.15%), Vitamin B3: 3.24mg (16.2%), Phosphorus: 152.02mg (15.2%), Folate: 59.29µg (14.82%), Calcium: 147.31mg (14.73%), Iron: 2.53mg (14.05%), Fiber: 2.77g (11.09%), Vitamin B5: 0.87mg (8.65%), Magnesium: 32.92mg (8.23%), Vitamin B6: 0.13mg (6.67%), Zinc: 0.97mg (6.44%), Potassium: 213.53mg (6.1%), Copper: 0.11mg (5.7%), Vitamin C: 2.38mg (2.89%), Vitamin B12: 0.15µg (2.58%)