



Shaved-Radish Sandwiches with Herb Butter

READY IN



30 min.

SERVINGS



16

CALORIES



224 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 fillet anchovy mashed drained
- ☐ 32 slices baguette diagonally cut thick
- ☐ 16 servings pepper black freshly ground
- ☐ 3 tablespoons chives fresh finely chopped
- ☐ 3 tablespoons tarragon fresh
- ☐ 1 small garlic clove grated
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 16 radish greens green

- ☐ 12 radishes very thinly sliced
- ☐ 0.5 cup butter salted room-temperature (1 stick)
- ☐ 16 servings sea salt

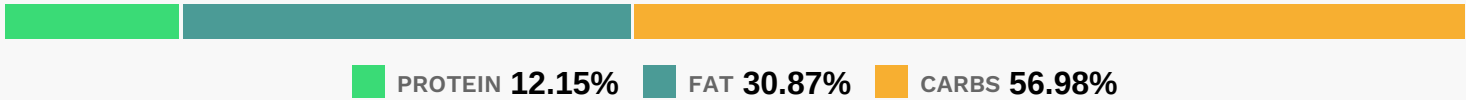
Equipment

- ☐ bowl

Directions

- ☐ Mix 1/2 cup (1 stick) room-temperature salted butter, 5 mashed drained anchovy fillets, 1 grated small garlic clove, 3 tablespoon each finely chopped fresh chives and fresh tarragon, 2 tablespoons fresh lemon juice, and 1 teaspoon finely grated lemon zest in a small bowl. Season with coarse sea salt and freshly ground black pepper.
- ☐ Spread herb butter on one side of each of 32 slices of baguette diagonally cut 1/8" thick. Toss 12 very thinly sliced radishes with salt and pepper in a medium bowl. Top half of bread slices with 16 green radish leaves and radish slices. Top with remaining bread slices, butter side down.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:21.57, Inflammation Score:-4, Nutrition Score:8.3056522283865%

Flavonoids

Pelargonidin: 1.89mg, Pelargonidin: 1.89mg, Pelargonidin: 1.89mg, Pelargonidin: 1.89mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 224.06kcal (11.2%), Fat: 7.68g (11.81%), Saturated Fat: 4.04g (25.24%), Carbohydrates: 31.87g (10.62%), Net Carbohydrates: 30.32g (11.03%), Sugar: 3.13g (3.47%), Cholesterol: 16mg (5.33%), Sodium: 638.3mg (27.75%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 6.79g (13.59%), Vitamin B1: 0.38mg (25.37%), Manganese:

0.42mg (21.16%), Folate: 74.16µg (18.54%), Selenium: 11.65µg (16.64%), Vitamin B3: 3.23mg (16.13%), Iron: 2.71mg (15.06%), Vitamin B2: 0.24mg (13.89%), Calcium: 90.79mg (9.08%), Phosphorus: 70.91mg (7.09%), Fiber: 1.55g (6.21%), Magnesium: 22.96mg (5.74%), Vitamin B6: 0.11mg (5.34%), Vitamin A: 258.46IU (5.17%), Copper: 0.09mg (4.69%), Zinc: 0.6mg (4.02%), Potassium: 138.39mg (3.95%), Vitamin C: 3.18mg (3.86%), Vitamin K: 3.82µg (3.64%), Vitamin B5: 0.27mg (2.7%), Vitamin E: 0.36mg (2.42%)