



WHATSheATE



## Spanish Olive and Cream Cheese Canapes

READY IN



40 min.

SERVINGS



40

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.8 cup cream cheese softened
- ☐ 2 teaspoons sherry
- ☐ 1 oz parmesan
- ☐ 3 oz pimiento stuffed olives green spanish rinsed drained finely chopped
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 0.3 cup spring onion finely chopped
- ☐ 0.3 teaspoon paprika sweet
- ☐ 1.5 tablespoons butter unsalted melted
- ☐ 10 slices sandwich bread white firm

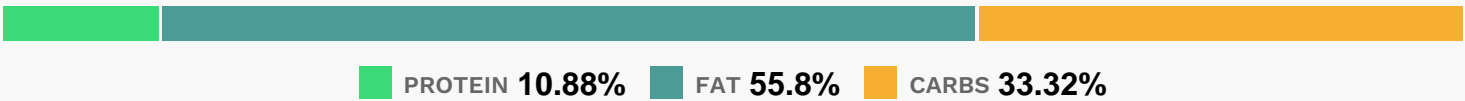
## Equipment

- ☐ baking sheet
- ☐ oven
- ☐ broiler

## Directions

- ☐ Put oven rack in middle position and preheat oven to 375°F.
- ☐ Cut 40 rounds from bread slices with cutter, then brush 1 side of each round with butter and bake on a large baking sheet until pale golden, about 8 minutes. (Leave toasts on baking sheet.)
- ☐ Preheat broiler.
- ☐ Finely grate Parmigiano-Reggiano using rasp (you will have about 1 cup). Mash together cream cheese, olives, scallion, bell pepper, paprika, and Sherry until combined well, then top each toast with 1 teaspoon cream cheese mixture and sprinkle with Parmigiano-Reggiano. Broil canapés about 4 inches from heat until Parmigiano-Reggiano begins to turn golden, about 1 minute.
- ☐ · Toasts can be made 1 day ahead and cooled completely, then kept in an airtight container at room temperature.· Cream cheese mixture can be made 1 day ahead and chilled, covered. Bring to room temperature before using.

## Nutrition Facts



## Properties

Glycemic Index:5.57, Glycemic Load:2.28, Inflammation Score:-1, Nutrition Score:1.3204347808724%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 42.08kcal (2.1%), Fat: 2.63g (4.04%), Saturated Fat: 1.34g (8.38%), Carbohydrates: 3.53g (1.18%), Net Carbohydrates: 3.28g (1.19%), Sugar: 0.57g (0.63%), Cholesterol: 5.91mg (1.97%), Sodium: 87.92mg (3.82%), Alcohol: 0.03g (100%), Alcohol %: 0.21% (100%), Protein: 1.15g (2.31%), Selenium: 2.01µg (2.87%), Calcium: 27.51mg (2.75%), Vitamin A: 125.78IU (2.52%), Vitamin B1: 0.03mg (2.29%), Folate: 8.29µg (2.07%), Manganese: 0.04mg (2.01%), Phosphorus: 17.3mg (1.73%), Vitamin B2: 0.03mg (1.7%), Vitamin B3: 0.32mg (1.61%), Vitamin C: 1.31mg (1.59%), Vitamin K: 1.53µg (1.46%), Iron: 0.25mg (1.38%), Vitamin E: 0.17mg (1.11%), Fiber: 0.25g (1.02%)