



Striped Ribbon Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 2 ounces cheese blue crumbled
- ☐ 0.5 ounce bread whole-wheat very thin
- ☐ 0.5 cup nonfat cream cheese
- ☐ 0.8 cup coarsely cucumber shredded peeled seeded
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.5 cup onion chopped
- ☐ 2.5 cups bell pepper red chopped

- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon tomato paste
- ☐ 0.5 ounce bread white very thin

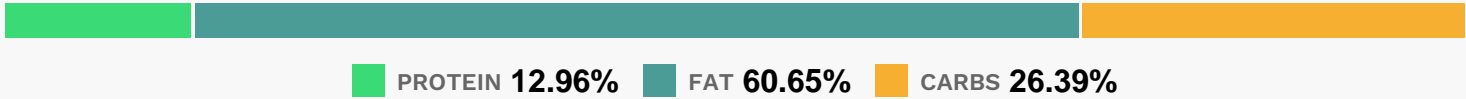
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ plastic wrap

Directions

- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add bell pepper and onion; saut 4 minutes or until tender.
- ☐ Combine bell pepper mixture, tomato paste, 1/8 teaspoon salt, and black pepper in food processor, and process until smooth. Return mixture to skillet, and cook over medium-high heat 3 minutes or until thickened. Spoon mixture into a bowl, and let cool; cover and chill.
- ☐ Place cucumber on several layers of paper towels; cover with additional paper towels, pressing until barely moist.
- ☐ Combine the cream cheese, blue cheese, 1/8 teaspoon salt, and ground red pepper in a small bowl, stirring until smooth. Stir in cucumber; cover and chill.
- ☐ Spread 2 tablespoons bell pepper mixture over each of 8 slices of white bread; top each with a slice of wheat bread.
- ☐ Spread 2 tablespoons cucumber mixture over each slice of wheat bread; top with remaining white bread.
- ☐ Trim crusts from sandwiches.
- ☐ Cut each sandwich into quarters, making rectangles, squares, or triangles.
- ☐ Garnish with parsley sprigs, if desired.
- ☐ Note: If made ahead, cover sandwiches with a slightly damp paper towel and plastic wrap, and place in an airtight container.

Nutrition Facts



Properties

Glycemic Index:11.58, Glycemic Load:0.57, Inflammation Score:-4, Nutrition Score:2.2204347367844%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 25.93kcal (1.3%), Fat: 1.81g (2.79%), Saturated Fat: 1.06g (6.65%), Carbohydrates: 1.77g (0.59%), Net Carbohydrates: 1.41g (0.51%), Sugar: 0.89g (0.99%), Cholesterol: 4.91mg (1.64%), Sodium: 49.39mg (2.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.74%), Vitamin C: 15.3mg (18.55%), Vitamin A: 438.85IU (8.78%), Vitamin B6: 0.05mg (2.28%), Folate: 8.16µg (2.04%), Vitamin B2: 0.03mg (1.72%), Phosphorus: 16.58mg (1.66%), Vitamin E: 0.25mg (1.64%), Calcium: 16.34mg (1.63%), Manganese: 0.03mg (1.48%), Fiber: 0.36g (1.45%), Potassium: 48.14mg (1.38%), Selenium: 0.85µg (1.21%), Vitamin B5: 0.11mg (1.05%), Vitamin B3: 0.2mg (1.01%)