



Tea Party Sandwiches (Puerto Rican Version)

READY IN



30 min.

SERVINGS



30

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 small cucumber thinly sliced
- 1 teaspoon parsley dried to taste
- 0.8 cup sandwich spread sweet with chopped pickle mayonnaise-style
- 12 ounce luncheon meat cubed fully cooked canned (such as SPAM®)
- 16 ounce processed cheese sauce cheez whiz® (such as)
- 4 ounce pimiento peppers with liquid chopped
- 15 slices bread white
- 15 slices bread whole wheat

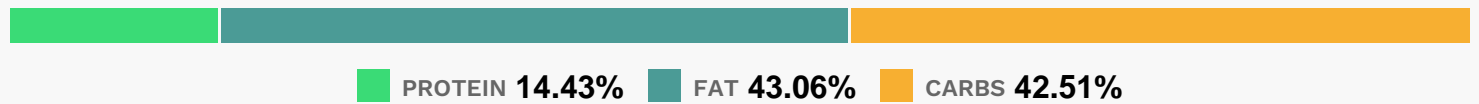
Equipment

- bowl
- blender

Directions

- Place luncheon meat cubes, processed cheese sauce, pimientos, and sandwich spread in a blender; pulse to blend into a smooth mixture, stopping often to scrape down blender sides.
- Transfer spread to a bowl.
- Spread the mixture onto 15 slices of white bread; top each with a slice of whole wheat bread. Press sandwiches together lightly and cut off crusts. Slice sandwiches in half diagonally to make triangles; sprinkle sandwiches with parsley flakes and top each sandwich half with a piece of sliced cucumber.

Nutrition Facts



Properties

Glycemic Index:5.65, Glycemic Load:8.03, Inflammation Score:-2, Nutrition Score:5.0413043421248%

Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 139.54kcal (6.98%), Fat: 6.7g (10.31%), Saturated Fat: 1.95g (12.18%), Carbohydrates: 14.88g (4.96%), Net Carbohydrates: 13.61g (4.95%), Sugar: 2.75g (3.06%), Cholesterol: 9.41mg (3.14%), Sodium: 424.36mg (18.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.1%), Manganese: 0.38mg (19.21%), Selenium: 9.11µg (13.02%), Vitamin B1: 0.16mg (10.59%), Vitamin B3: 1.64mg (8.2%), Phosphorus: 63.49mg (6.35%), Calcium: 63.48mg (6.35%), Folate: 21.25µg (5.31%), Fiber: 1.27g (5.07%), Iron: 0.89mg (4.92%), Vitamin B2: 0.08mg (4.52%), Magnesium: 17.03mg (4.26%), Vitamin C: 3.24mg (3.93%), Vitamin B6: 0.08mg (3.93%), Zinc: 0.56mg (3.7%), Vitamin K: 3.62µg (3.45%), Potassium: 113.7mg (3.25%), Copper: 0.06mg (3.01%), Vitamin A: 128.65IU (2.57%), Vitamin B5: 0.18mg (1.81%), Vitamin E: 0.18mg (1.2%)