



Tea Sandwiches

READY IN



18 min.

SERVINGS



12

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cantaloupe peeled seeded thinly sliced
- 2 tablespoons chives chopped
- 2 chicken breasts cooked thinly sliced
- 4 ounces cream cheese at room temperature
- 0.5 cucumber english sliced into thin rounds
- 1 cup guacamole
- 0.3 pound pancetta thinly sliced
- 24 bread whole white (recommended: , rye, grain, pumpernickel, or a combination)

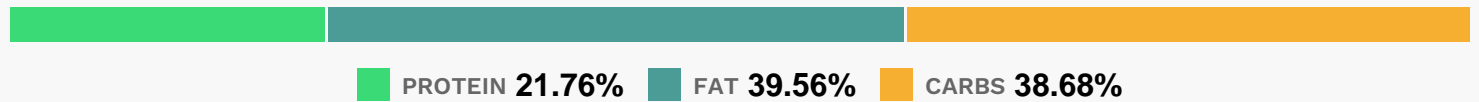
Equipment

- cookie cutter
- butter knife

Directions

- Special equipment: 3-inch round cookie cutter
- Using a round cookie cutter, cut out the center of the bread, removing the crusts.
- Take a piece of the bread and, using a butter knife, spread 1 side of it with guacamole.
- Spread 1 side of another piece of bread with mayonnaise. Top guacamole with chicken and then the mayonnaise-smeared bread.
- Mix chives into the softened cream cheese.
- Spread 1 side of 1 slice of bread with the chive cream cheese. Top with a few slices of cucumber and then with another slice of bread.
- Place prosciutto on 1 slice of bread. Top with some melon and another slice of bread.

Nutrition Facts



Properties

Glycemic Index:21.19, Glycemic Load:18.4, Inflammation Score:-6, Nutrition Score:12.190434857555%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 294.05kcal (14.7%), Fat: 12.92g (19.88%), Saturated Fat: 4.32g (27%), Carbohydrates: 28.43g (9.48%), Net Carbohydrates: 25.72g (9.35%), Sugar: 4.29g (4.76%), Cholesterol: 40.15mg (13.38%), Sodium: 357.12mg (15.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.99g (31.98%), Vitamin B3: 7.16mg (35.79%), Selenium:

22.54µg (32.21%), Vitamin B1: 0.33mg (21.68%), Folate: 77.38µg (19.35%), Manganese: 0.35mg (17.45%), Phosphorus: 161.66mg (16.17%), Vitamin B6: 0.31mg (15.61%), Vitamin B2: 0.22mg (12.76%), Calcium: 125.43mg (12.54%), Iron: 2.23mg (12.38%), Vitamin A: 591.16IU (11.82%), Fiber: 2.71g (10.85%), Vitamin B5: 0.99mg (9.86%), Potassium: 302.02mg (8.63%), Magnesium: 33.17mg (8.29%), Vitamin K: 8.18µg (7.8%), Zinc: 1.1mg (7.31%), Copper: 0.14mg (6.85%), Vitamin E: 0.75mg (5.01%), Vitamin C: 3.98mg (4.82%), Vitamin B12: 0.17µg (2.76%)