

## Tea Sandwiches

READY IN



60 min.

SERVINGS



10

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10 slices sandwich bread white thin
- 10 slices bread whole wheat thin
- 10 slices pumpernickel bread thin
- 1 serving butter
- 1 large cucumber peeled thinly sliced
- 3 oz cream cheese softened
- 0.3 cup watercress fresh chopped finely chopped finely
- 1.5 cups finely-chopped ham cooked finely chopped
- 0.3 cup parsley fresh finely chopped

- 3 tablespoons salad dressing
- 1 tablespoon dijon mustard
- 1 slices optional: dill fresh

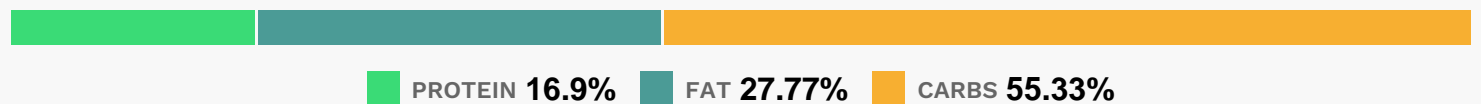
## Equipment

- bowl
- cookie cutter

## Directions

- Cut breads into shapes with 2- to 3-inch cookie cutters (or remove crusts from breads and cut each slice into triangles or squares).
- Spread butter over white bread shapes; top each with cucumber. In small bowl, mix cream cheese and watercress until well blended.
- Spread over pumpernickel bread shapes. In another small bowl, mix ham, parsley, mayonnaise and mustard until well blended.
- Spread over whole wheat bread shapes.
- Arrange sandwiches on serving platter.
- Garnish with edible flowers, fresh dill weed or radish slices. Store in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:35.35, Glycemic Load:23.57, Inflammation Score:-6, Nutrition Score:16.080869529558%

## Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 298.74kcal (14.94%), Fat: 9.22g (14.19%), Saturated Fat: 2.92g (18.27%), Carbohydrates: 41.36g (13.79%), Net Carbohydrates: 36.7g (13.35%), Sugar: 3.93g (4.37%), Cholesterol: 20.96mg (6.99%), Sodium: 731.67mg (31.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.63g (25.26%), Manganese: 1.21mg (60.3%), Selenium: 25.58µg (36.55%), Vitamin K: 33.78µg (32.18%), Vitamin B1: 0.45mg (29.82%), Phosphorus: 213.06mg (21.31%), Vitamin B3: 4.08mg (20.38%), Folate: 77.09µg (19.27%), Fiber: 4.65g (18.61%), Vitamin B2: 0.28mg (16.19%), Iron: 2.83mg (15.7%), Calcium: 138.55mg (13.85%), Magnesium: 55.23mg (13.81%), Copper: 0.23mg (11.59%), Zinc: 1.68mg (11.23%), Vitamin B6: 0.19mg (9.64%), Vitamin C: 7.32mg (8.87%), Potassium: 280.96mg (8.03%), Vitamin B5: 0.73mg (7.34%), Vitamin A: 349.33IU (6.99%), Vitamin B12: 0.26µg (4.32%), Vitamin E: 0.58mg (3.88%)