

Tea Sandwiches

READY IN



60 min.

SERVINGS



10

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 servings butter
- ☐ 1.5 cups finely-chopped ham cooked finely chopped
- ☐ 3 oz cream cheese softened
- ☐ 1 large cucumber peeled thinly sliced
- ☐ 1 tablespoon dijon mustard
- ☐ 1 slices optional: dill fresh
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 10 slices pumpernickel bread thin
- ☐ 3 tablespoons salad dressing

- ☐ 0.3 cup watercress fresh chopped finely chopped finely
- ☐ 10 slices sandwich bread white thin
- ☐ 10 slices bread whole wheat thin

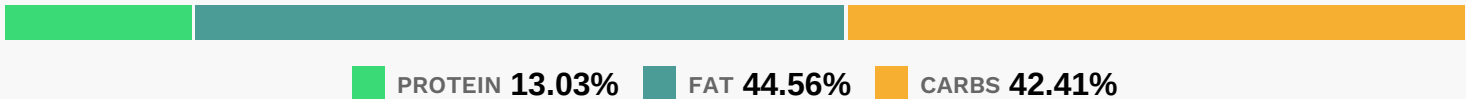
Equipment

- ☐ 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:-7, Nutrition Score:16.660434598508%

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: 389.33kcal (19.47%), Fat: 19.37g (29.79%), Saturated Fat: 5.03g (31.42%), Carbohydrates: 41.47g (13.82%), Net Carbohydrates: 36.82g (13.39%), Sugar: 3.93g (4.37%), Cholesterol: 20.96mg (6.99%), Sodium: 850.48mg (36.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.74g (25.48%), Manganese: 1.21mg (60.3%), Selenium: 25.58µg (36.55%), Vitamin K: 33.78µg (32.18%), Vitamin B1: 0.45mg (29.9%), Phosphorus: 215.96mg (21.6%), Vitamin B3: 4.08mg (20.4%), Folate: 77.22µg (19.3%), Fiber: 4.65g (18.61%), Vitamin B2: 0.28mg (16.47%), Vitamin A: 800.03IU (16%), Iron: 2.83mg (15.7%), Calcium: 142.33mg (14.23%), Magnesium: 55.61mg (13.9%), Copper: 0.23mg (11.59%), Zinc: 1.68mg (11.23%), Vitamin B6: 0.19mg (9.69%), Vitamin C: 7.34mg (8.9%), Potassium: 286.26mg (8.18%), Vitamin B5: 0.74mg (7.44%), Vitamin E: 0.97mg (6.49%), Vitamin B12: 0.27µg (4.53%)