



Watercress Canapés

 Vegetarian

READY IN



40 min.

SERVINGS



2

CALORIES



1129 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz cream cheese softened
- ☐ 1 slices vegetable and herbs assorted
- ☐ 2 tablespoons mayonnaise
- ☐ 0.3 cup firmly parsley leaves fresh packed
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons cup heavy whipping cream sour
- ☐ 1 cup lightly watercress packed

☐ 18 slices sandwich bread white

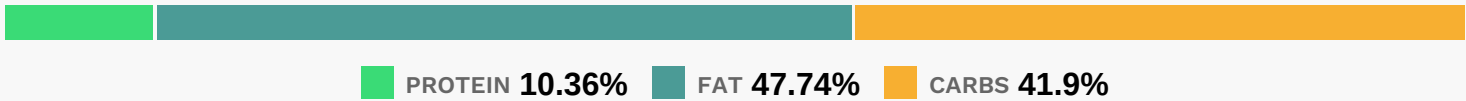
Equipment

☐ food processor

Directions

- ☐ Pulse first 3 ingredients in a food processor until smooth.
- ☐ Add watercress and next 3 ingredients; process until finely chopped.
- ☐ Spread 1 Tbsp. cream cheese mixture onto each bread slice. Top with assorted vegetable slices and herbs in a single layer, pressing lightly. Trim crusts from bread.
- ☐ Cut each bread slice into 4 squares or 2 rectangles.
- ☐ Goat Cheese Canaps: Omit watercress and parsley. Reduce cream cheese to 4 oz.
- ☐ Add 1 (4-oz.) goat cheese log, softened, with cream cheese and 2 tsp. chopped fresh thyme with salt in Step Top with: candy-cane beets and chives, or sliced squash and salmon caviar.
- ☐ Bacon-and-Olive Canaps: Omit salt. Substitute 1/2 cup green olives, chopped, and 6 cooked and crumbled bacon slices for watercress and parsley.
- ☐ Add salt to taste. Top with: sliced grape tomatoes and hard-cooked eggs, or basil leaves, celery, and radishes.

Nutrition Facts



Properties

Glycemic Index:158.89, Glycemic Load:80.79, Inflammation Score:-10, Nutrition Score:38.661739097989%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 4.03mg, Kaempferol: 4.03mg, Kaempferol: 4.03mg, Kaempferol: 4.03mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

Nutrients (% of daily need)

Calories: 1128.67kcal (56.43%), Fat: 59.97g (92.27%), Saturated Fat: 27.62g (172.64%), Carbohydrates: 118.46g (39.49%), Net Carbohydrates: 112.88g (41.05%), Sugar: 16.87g (18.74%), Cholesterol: 127.49mg (42.5%), Sodium: 1823.86mg (79.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.27g (58.55%), Vitamin K: 193.82µg (184.59%), Selenium: 62.89µg (89.85%), Vitamin B1: 1.19mg (79.52%), Manganese: 1.44mg (71.93%), Folate: 274.69µg (68.67%), Calcium: 630.91mg (63.09%), Vitamin A: 2811.06IU (56.22%), Vitamin B3: 10.96mg (54.82%), Vitamin B2: 0.85mg (50.13%), Iron: 8.26mg (45.91%), Phosphorus: 402.87mg (40.29%), Fiber: 5.58g (22.32%), Vitamin C: 17.48mg (21.19%), Magnesium: 80.37mg (20.09%), Vitamin B5: 2mg (20.04%), Zinc: 2.71mg (18.1%), Copper: 0.33mg (16.7%), Vitamin B6: 0.31mg (15.34%), Potassium: 533.24mg (15.24%), Vitamin E: 2.21mg (14.72%), Vitamin B12: 0.29µg (4.86%)