



GOAT CHEESE-OLIVE SANDWICHES

Nutrition Facts Report
Source: Custom

Yield: 26 (1.000 item(s))
No. Ingredients: 7

Category: Basic Food
Manufacturer: (None)

Ingredients

4.250 oz. Black Olives, Ripe, Canned
4.000 oz. Goat Cheese, Semisoft
1.000 item Scallions, Green or Spring Onions
1.000 item Garlic Clove
0.250 t. Pepper Sauce or Tabasco
26.000 sl. Cobblestone Mill Honey Wheat Bread
0.250 c. Parsley, Chopped

Nutrition Facts

Serving Size 1.00 item(s) (36g)

Amount Per Serving

Calories 92 **Calories from Fat** 21

% Daily Value

Total Fat 2.3g 4 %

Saturated Fat 1.0g 5 %

Trans Fat 0.0g

Cholesterol 3.4mg 1 %

Sodium 183.6mg 8 %

Total Carbohydrate 14.5g 5 %

Dietary Fiber 1.2g 5 %

Sugars 2.1g

Protein 3.0g

Vitamin A 3 % Calcium 2 %

Vitamin C 2 % Iron 8 %

Instructions