

U.S. Cream Cheese & Beet Sandwich with Avocado

U.S. cream cheese helps makes this a vegetarian sandwich that can satisfy!



INGREDIENTS

(Makes 4 sandwiches)

Pumpernickel or Whole Grain Bread	8 slices
U.S. Cream Cheese	300g
Beets, cooked, peeled, chilled and chopped	4 medium
Salt & Pepper	To taste
Arugula Leaves	32
Radish Sprouts	24g
Avocados	2

NUTRITIONAL CONTENT

U.S. Label

Nutrition Facts

Serving Size (100g)
Servings Per Container

Amount Per Serving

Calories 180 **Calories from Fat 110**

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 160mg **7%**

Total Carbohydrate 13g **4%**

Dietary Fiber 4g **16%**

Sugars 4g

Protein 5g

Vitamin A 8% • **Vitamin C 8%**

Calcium 6% • **Iron 6%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Per 100g

Calories 177kcal

Total Fat 13g

Saturated Fat 5g

Trans Fat 0g

Cholesterol 24mg

Total Carbohydrates 13g

Dietary Fiber 4g

Sugars 4g

Protein 5g

Calcium 50mg

Magnesium 31mg

Phosphorus 87mg

Potassium 307mg

Sodium 160mg

Iron 1mg

Vitamin A 410IU

Vitamin C 5mg

PREPARATION

1. Lay out four slices of bread and spread 75g of cream cheese on each.
2. Divide the beets evenly between all four, pressing gently into the cheese. Salt & pepper over the top.
3. Lay half of the arugula and radish sprouts on next.
4. Cut the avocados into eight slices each and place four on each sandwich.
5. Top with remaining arugula and the last slice of bread, cut in half diagonally and serve.

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2015 U.S. Dairy Export Council.