



Avocado Cucumber Party Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



40

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 small avocado ripe peeled chopped
- ☐ 0.5 cup butter softened
- ☐ 2 tablespoons butter softened
- ☐ 8 ounce cream cheese softened
- ☐ 1.3 cups cucumber shredded peeled seeded
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 Dash ground pepper red
- ☐ 1 tablespoon juice of lemon

- ☐ 2 tablespoons mayonnaise
- ☐ 0.3 cup onion minced
- ☐ 0.3 cup onion shredded
- ☐ 0.1 teaspoon salt
- ☐ 1 Dash salt
- ☐ 1 ounce sandwich bread white
- ☐ 1 ounce bread whole wheat

Equipment

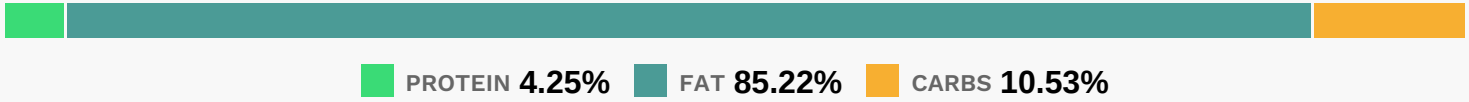
- ☐ food processor
- ☐ bowl
- ☐ paper towels
- ☐ knife
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Position knife blade in food processor bowl; add first 6 ingredients. Process until smooth; set aside.
- ☐ Beat cream cheese and mayonnaise at medium speed of an electric mixer until smooth. Press shredded cucumber and onion between paper towels.
- ☐ Add cucumber and onion to cream cheese mixture. Stir in 1/8 teaspoon salt and 1/8 teaspoon red pepper. Set aside.
- ☐ Spread butter on one side of each bread slice.
- ☐ Spread 1 tablespoon plus 1 teaspoon avocado mixture on buttered side of each of 10 white bread slices; top each with 1 whole wheat slice, buttered side down. Reserve remaining avocado mixture.
- ☐ Spread about 3 tablespoons cucumber mixture on each stack; top each with 1 white bread slice, buttered side down. Wrap in plastic wrap; chill. Spoon remaining avocado mixture into a decorating bag fitted with metal tip No.

- ☐
- Unwrap sandwiches, and remove crusts, using an electric knife; discard crusts.
- ☐
- Cut each sandwich into fourths, using electric knife. Pipe a rosette of avocado mixture onto each sandwich.
- ☐
- Garnish with cucumber wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:12.36, Glycemic Load:0.61, Inflammation Score:-1, Nutrition Score:1.2347826054725%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 63.13kcal (3.16%), Fat: 6.14g (9.45%), Saturated Fat: 3.17g (19.78%), Carbohydrates: 1.71g (0.57%), Net Carbohydrates: 1.25g (0.45%), Sugar: 0.47g (0.53%), Cholesterol: 13.63mg (4.54%), Sodium: 60.32mg (2.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.38%), Vitamin A: 179.06IU (3.58%), Vitamin K: 2.93µg (2.79%), Fiber: 0.46g (1.85%), Vitamin E: 0.27mg (1.79%), Folate: 6.85µg (1.71%), Manganese: 0.03mg (1.65%), Vitamin B2: 0.03mg (1.5%), Phosphorus: 13.49mg (1.35%), Selenium: 0.92µg (1.32%), Vitamin B5: 0.13mg (1.29%), Potassium: 44.58mg (1.27%), Vitamin B6: 0.02mg (1.17%), Vitamin C: 0.94mg (1.13%), Calcium: 10.74mg (1.07%)