



## Chicken-Cucumber Canapes

READY IN



45 min.

SERVINGS



84

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 rib celery diced
- 3 cups meat from a rotisserie chicken diced cooked
- 0.8 cup cucumber diced peeled seeded
- 1 teaspoon garlic salt
- 6 green onions chopped
- 16 ounce cream cheese softened reduced-fat
- 0.8 cup mayonnaise reduced-fat
- 0.5 teaspoon pepper freshly ground
- 0.5 cup bell pepper diced red

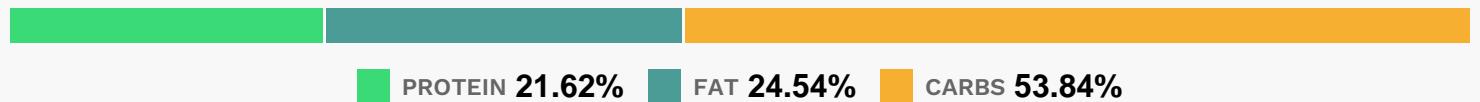
- 0.5 teaspoon salt
- 84 wheat sandwich bread white ( 4 loaves)

## Equipment

## Directions

- Stir together cream cheese and mayonnaise. Stir in chicken and next 7 ingredients. Cover and chill at least 4 hours.
- Cut bread slices with assorted 2 1/2-inch cutters, reserving trimmings for other uses.
- Spread half of bread shapes with chicken mixture; top each with a matching bread shape.
- Roll sandwich edges in parsley, if desired.
- Note: To make finger sandwiches, cut crusts from 42 bread slices (about 2 loaves).
- Spread half of slices with filling; top with remaining bread slices.
- Cut each sandwich into 4 equal strips.
- Roll edges in parsley, if desired.

## Nutrition Facts



## Properties

Glycemic Index:2.53, Glycemic Load:7.27, Inflammation Score:-2, Nutrition Score:5.4491303997195%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 95.77kcal (4.79%), Fat: 2.6g (4%), Saturated Fat: 0.86g (5.36%), Carbohydrates: 12.84g (4.28%), Net Carbohydrates: 11.11g (4.04%), Sugar: 1.69g (1.88%), Cholesterol: 6.99mg (2.33%), Sodium: 207.43mg (9.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.32%), Manganese: 0.6mg (30.21%), Selenium: 8.73µg (12.47%), Vitamin B3: 1.66mg (8.28%), Phosphorus: 78.29mg (7.83%), Vitamin B1: 0.12mg (7.75%), Fiber: 1.73g (6.93%), Magnesium: 23.53mg (5.88%), Calcium: 55.29mg (5.53%), Vitamin K: 5.25µg (5%), Iron: 0.81mg (4.5%), Vitamin B6: 0.09mg (4.36%), Zinc: 0.61mg (4.06%), Vitamin B2: 0.07mg (3.86%), Folate: 14.25µg (3.56%), Copper:

0.07mg (3.51%), Vitamin B5: 0.29mg (2.94%), Potassium: 101.52mg (2.9%), Vitamin C: 1.34mg (1.62%), Vitamin E: 0.23mg (1.53%), Vitamin A: 71.49IU (1.43%), Vitamin B12: 0.06 $\mu$ g (1.07%)