



Cream cheese & cucumber fingers

READY IN



15 min.

SERVINGS



10

CALORIES



188 kcal

SIDE DISH

Ingredients

- ☐ 12 slices bread white
- ☐ 300 g cheese light soft (use if you prefer)
- ☐ 0.5 cucumber peeled thinly sliced

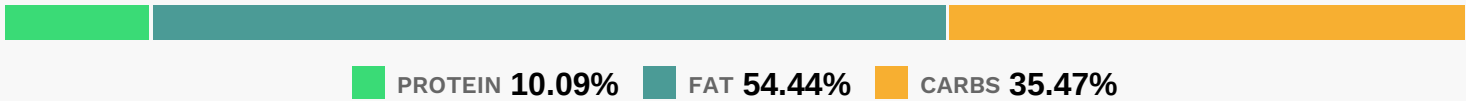
Equipment

Directions

- ☐ Spread the white bread and brown bread with some soft cheese. Season.

Layer the cucumber on half the bread and sandwich with the other half of the slices. Trim the crusts, then cut each into 4 fingers.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:11, Inflammation Score:-4, Nutrition Score:5.0682608744372%

Nutrients (% of daily need)

Calories: 187.8kcal (9.39%), Fat: 11.42g (17.57%), Saturated Fat: 6.31g (39.43%), Carbohydrates: 16.74g (5.58%), Net Carbohydrates: 15.94g (5.8%), Sugar: 2.94g (3.26%), Cholesterol: 30.3mg (10.1%), Sodium: 237.6mg (10.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.53%), Selenium: 9.56µg (13.65%), Vitamin B1: 0.16mg (10.91%), Manganese: 0.19mg (9.59%), Folate: 38.1µg (9.52%), Calcium: 94.5mg (9.45%), Vitamin B2: 0.14mg (8.51%), Vitamin A: 414IU (8.28%), Vitamin B3: 1.46mg (7.3%), Phosphorus: 69.15mg (6.91%), Iron: 1.07mg (5.97%), Vitamin B5: 0.37mg (3.68%), Fiber: 0.8g (3.18%), Magnesium: 12.6mg (3.15%), Zinc: 0.44mg (2.93%), Potassium: 95.1mg (2.72%), Copper: 0.05mg (2.66%), Vitamin B6: 0.05mg (2.6%), Vitamin E: 0.33mg (2.19%), Vitamin K: 1.77µg (1.69%), Vitamin B12: 0.07µg (1.1%)