



## Cream Cheese 'n Herb Cucumber Bites

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



35 kcal

SIDE DISH

### Ingredients

- 0.5 cup carrots shredded divided
- 0.5 cup philadelphia chive & onion 1/3 less fat than cream cheese ()
- 2 small cucumbers seeded

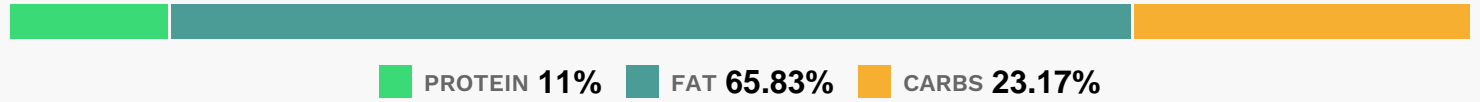
### Equipment

### Directions

- Reserve 2 Tbsp. carrots.

- Mix remaining carrots with reduced-fat cream cheese; spoon into cucumber shells.
- Top with reserved carrots.
- Cut each cucumber half into 5 pieces to serve.

## Nutrition Facts



### Properties

Glycemic Index:6.18, Glycemic Load:0.27, Inflammation Score:-6, Nutrition Score:1.995652169799%

### Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 34.56kcal (1.73%), Fat: 2.53g (3.89%), Saturated Fat: 1.59g (9.92%), Carbohydrates: 2g (0.67%), Net Carbohydrates: 1.6g (0.58%), Sugar: 1.09g (1.21%), Cholesterol: 7.04mg (2.35%), Sodium: 57.71mg (2.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.9%), Vitamin A: 1199.76IU (24%), Vitamin K: 3.12µg (2.97%), Calcium: 20.16mg (2.02%), Potassium: 63.46mg (1.81%), Vitamin C: 1.39mg (1.68%), Manganese: 0.03mg (1.61%), Fiber: 0.4g (1.6%), Folate: 5.64µg (1.41%), Copper: 0.03mg (1.27%), Vitamin B6: 0.02mg (1.25%), Magnesium: 4.56mg (1.14%)