



## Cream Cheese 'n Herb Cucumber Bites

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



86 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

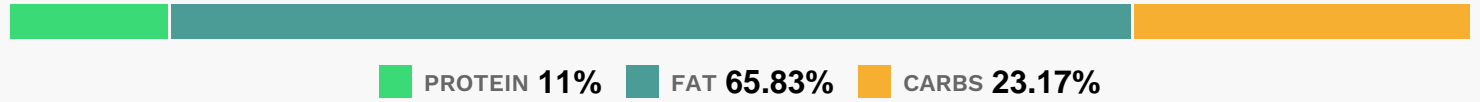
### Equipment

### 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:15.46, Glycemic Load:0.68, Inflammation Score:-9, Nutrition Score:4.9913044215544%

### Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

### Nutrients (% of daily need)

Calories: 86.41kcal (4.32%), Fat: 6.31g (9.71%), Saturated Fat: 3.97g (24.8%), Carbohydrates: 5g (1.67%), Net Carbohydrates: 4g (1.45%), Sugar: 2.73g (3.03%), Cholesterol: 17.59mg (5.86%), Sodium: 144.28mg (6.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.75%), Vitamin A: 2999.4IU (59.99%), Vitamin K: 7.8µg (7.43%), Calcium: 50.39mg (5.04%), Potassium: 158.64mg (4.53%), Vitamin C: 3.47mg (4.21%), Manganese: 0.08mg (4.03%), Fiber: 1g (4%), Folate: 14.1µg (3.53%), Copper: 0.06mg (3.16%), Vitamin B6: 0.06mg (3.12%), Magnesium: 11.4mg (2.85%), Vitamin B1: 0.04mg (2.34%), Vitamin B5: 0.23mg (2.33%), Phosphorus: 22.19mg (2.22%), Vitamin B2: 0.03mg (1.71%), Iron: 0.22mg (1.23%), Zinc: 0.17mg (1.15%)