



WHATSheATE



Cream Cheese 'n Herb Cucumber Bites



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



165 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup carrots shredded divided
- ☐ 1 cup approx cream cheese spread
- ☐ 2 cucumber seeded

Equipment

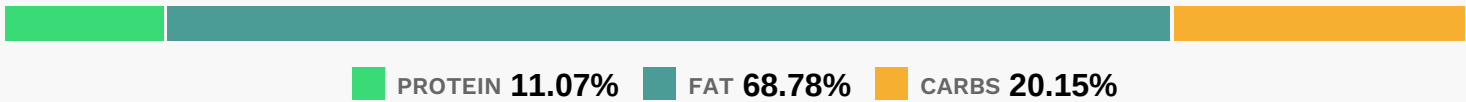
Directions

- ☐ RESERVE 2 Tbsp. carrots.

- ☐
- Mix remaining carrots with cream cheese; spoon into cucumber shells. Top with reserved carrots.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:15.46, Glycemic Load:0.84, Inflammation Score:-9, Nutrition Score:6.8373913343834%

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: 165.3kcal (8.27%), Fat: 12.58g (19.35%), Saturated Fat: 7.93g (49.56%), Carbohydrates: 8.29g (2.76%), Net Carbohydrates: 6.79g (2.47%), Sugar: 4.59g (5.1%), Cholesterol: 35.19mg (11.73%), Sodium: 277.36mg (12.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.1%), Vitamin A: 3320.08IU (66.4%), Vitamin K: 12.91µg (12.3%), Calcium: 94.38mg (9.44%), Potassium: 255.2mg (7.29%), Vitamin C: 5.74mg (6.96%), Manganese: 0.13mg (6.62%), Folate: 24.04µg (6.01%), Fiber: 1.5g (5.99%), Copper: 0.11mg (5.68%), Magnesium: 19.92mg (4.98%), Vitamin B6: 0.1mg (4.93%), Vitamin B5: 0.4mg (4.04%), Vitamin B1: 0.06mg (3.8%), Phosphorus: 37.1mg (3.71%), Vitamin B2: 0.05mg (2.75%), Iron: 0.38mg (2.1%), Zinc: 0.29mg (1.96%), Vitamin B3: 0.21mg (1.06%)