



## Creamy Dill Cucumber Toasties

 Vegetarian  Popular

READY IN



15 min.

SERVINGS



6

CALORIES



382 kcal

SIDE DISH

### Ingredients

- 8 ounce cream cheese softened
- 1 cucumber sliced
- 2 teaspoons dill weed dried
- 1 baguette french cut into 1/ circles
- 0.5 cup mayonnaise
- 0.7 ounce salad dressing mix dry italian-style

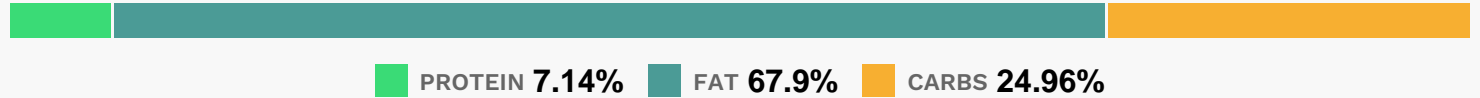
### Equipment

- bowl

## Directions

- In a medium bowl, mix together cream cheese, dressing mix and mayonnaise.
- Spread a thin layer of the cream cheese mixture on a slice of bread, and top with a slice of cucumber.
- Sprinkle with dill. Repeat with remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:27.29, Glycemic Load:14.48, Inflammation Score:-5, Nutrition Score:9.0430434061133%

## Nutrients (% of daily need)

Calories: 381.93kcal (19.1%), Fat: 28.9g (44.45%), Saturated Fat: 10.15g (63.44%), Carbohydrates: 23.9g (7.97%), Net Carbohydrates: 22.63g (8.23%), Sugar: 4.53g (5.03%), Cholesterol: 46.02mg (15.34%), Sodium: 529.26mg (23.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.83g (13.67%), Vitamin K: 37.92µg (36.12%), Vitamin B1: 0.27mg (18.04%), Selenium: 10.96µg (15.66%), Folate: 55.92µg (13.98%), Vitamin B2: 0.24mg (13.98%), Manganese: 0.25mg (12.47%), Vitamin A: 576.47IU (11.53%), Iron: 1.8mg (10%), Vitamin B3: 1.96mg (9.79%), Phosphorus: 96.75mg (9.68%), Calcium: 95.29mg (9.53%), Vitamin E: 1.15mg (7.64%), Magnesium: 22.09mg (5.52%), Potassium: 187.1mg (5.35%), Vitamin B5: 0.53mg (5.25%), Fiber: 1.27g (5.08%), Vitamin B6: 0.1mg (4.97%), Copper: 0.1mg (4.93%), Zinc: 0.64mg (4.3%), Vitamin C: 1.78mg (2.16%), Vitamin B12: 0.11µg (1.76%)