



Cucumber and Feta Rolls



Vegetarian



Gluten Free



Popular

READY IN



15 min.

SERVINGS



16

CALORIES



49 kcal

Ingredients



2 cucumbers sliced



4 ounces feta crumbled



0.3 cup greek yogurt



2 tablespoons kalamata olives chopped



2 teaspoons juice of lemon



1 tablespoon oregano chopped



16 servings bell pepper to taste



2 tablespoons roasted peppers red chopped



2 tablespoons sundried tomatoes chopped

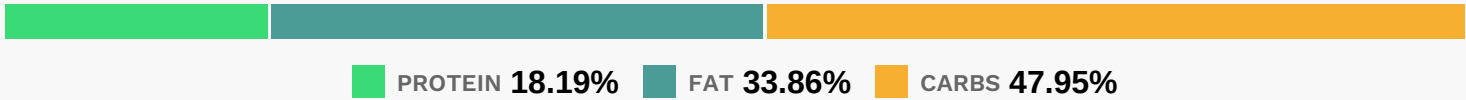
Equipment

☐ toothpicks

Directions

- ☐ Mash the feta into the yogurt and then mix in the sundried tomatoes, kalamata olives, sun dried tomatoes, oregano, lemon juice and pepper.
- ☐ Place 1 tablespoon of the mixture onto a slice of cucumber, roll it up and secure it with a toothpick.

Nutrition Facts



Properties

Glycemic Index:6.81, Glycemic Load:1.18, Inflammation Score:-9, Nutrition Score:11.510869469332%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 48.92kcal (2.45%), Fat: 2.01g (3.09%), Saturated Fat: 1.02g (6.4%), Carbohydrates: 6.41g (2.14%), Net Carbohydrates: 4.32g (1.57%), Sugar: 4.02g (4.46%), Cholesterol: 6.46mg (2.15%), Sodium: 127.31mg (5.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Vitamin C: 97.91mg (118.68%), Vitamin A: 2413.99IU (48.28%), Vitamin B6: 0.28mg (13.86%), Folate: 43.62µg (10.91%), Vitamin E: 1.3mg (8.65%), Vitamin B2: 0.15mg (8.63%), Fiber: 2.09g (8.37%), Vitamin K: 8.7µg (8.29%), Manganese: 0.14mg (7.16%), Potassium: 246.13mg (7.03%), Phosphorus: 58.53mg (5.85%), Calcium: 55.87mg (5.59%), Vitamin B1: 0.07mg (4.54%), Vitamin B3: 0.9mg (4.52%), Magnesium: 17.54mg (4.38%), Vitamin B5: 0.42mg (4.23%), Iron: 0.64mg (3.57%), Zinc: 0.5mg (3.3%), Copper: 0.06mg (2.83%), Vitamin B12: 0.14µg (2.36%), Selenium: 1.55µg (2.21%)