



Cucumber and Olive Appetizers

 Vegetarian

READY IN



5 min.

SERVINGS



10

CALORIES



173 kcal

SIDE DISH

Ingredients

- ☐ 3 ounce cream cheese softened
- ☐ 1 large cucumber
- ☐ 15 pimento-stuffed olives green chopped
- ☐ 1 pound cocktail rye bread
- ☐ 0.3 cup cheese salad dressing blue

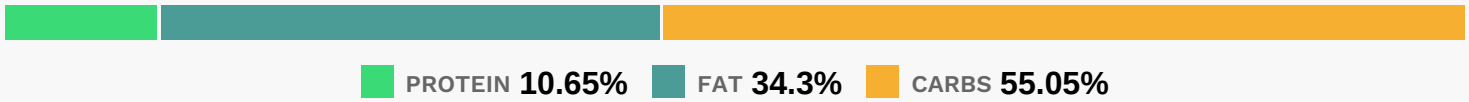
Equipment

- ☐ bowl

Directions

- ☐ Using the tines of a fork, score the unpeeled cucumber lengthwise on all sides. Slice the cucumber into 1/4-inch thick rounds.
- ☐ In a small bowl, combine the cream cheese and blue cheese dressing.
- ☐ Spread the cheese mixture on the rye bread slices. Top with a slice of cucumber and a slice of olive.

Nutrition Facts



Properties

Glycemic Index:9.43, Glycemic Load:10.28, Inflammation Score:-3, Nutrition Score:6.9752174227134%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 173.41kcal (8.67%), Fat: 6.63g (10.19%), Saturated Fat: 2.3g (14.38%), Carbohydrates: 23.92g (7.97%), Net Carbohydrates: 20.9g (7.6%), Sugar: 3.12g (3.47%), Cholesterol: 8.59mg (2.86%), Sodium: 452.72mg (19.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.26%), Selenium: 14.95µg (21.35%), Manganese: 0.4mg (19.85%), Vitamin B1: 0.21mg (14%), Folate: 54.76µg (13.69%), Fiber: 3.02g (12.1%), Vitamin B2: 0.18mg (10.53%), Vitamin B3: 1.76mg (8.82%), Iron: 1.4mg (7.77%), Phosphorus: 72.8mg (7.28%), Vitamin K: 6.11µg (5.82%), Magnesium: 23.22mg (5.81%), Copper: 0.11mg (5.7%), Calcium: 49.17mg (4.92%), Zinc: 0.61mg (4.09%), Vitamin E: 0.59mg (3.92%), Potassium: 132.06mg (3.77%), Vitamin A: 163.25IU (3.27%), Vitamin B5: 0.32mg (3.17%), Vitamin B6: 0.06mg (2.93%), Vitamin C: 1.1mg (1.33%)