



Cucumber and Strawberry Tea Sandwiches

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

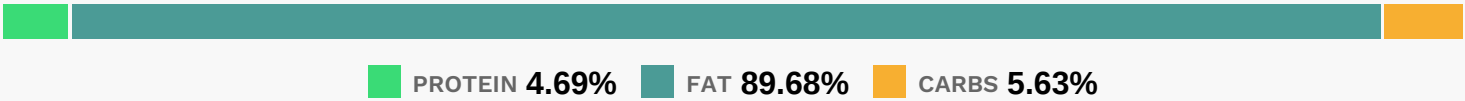
- ☐ 8 oz cream cheese softened
- ☐ 0.5 cup cucumber peeled seeded finely chopped
- ☐ 3 tablespoons basil fresh finely chopped
- ☐ 0.3 cup mayonnaise
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.3 cup onion red minced
- ☐ 0.3 teaspoon salt

Equipment

Directions

- ☐ Stir together softened cream cheese, cucumber, mayonnaise, red onion, basil, freshly ground pepper, and salt.
- ☐ Spread on: white bread; sandwich with diced fresh strawberries.

Nutrition Facts



Properties

Glycemic Index:27.63, Glycemic Load:0.59, Inflammation Score:-3, Nutrition Score:2.7386956010824%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 166.17kcal (8.31%), Fat: 16.76g (25.79%), Saturated Fat: 6.82g (42.65%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 2.18g (0.79%), Sugar: 1.45g (1.61%), Cholesterol: 32.55mg (10.85%), Sodium: 221.38mg (9.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.95%), Vitamin K: 19.74µg (18.8%), Vitamin A: 433.13IU (8.66%), Vitamin B2: 0.07mg (4.19%), Selenium: 2.69µg (3.85%), Vitamin E: 0.56mg (3.74%), Phosphorus: 36.11mg (3.61%), Calcium: 32.49mg (3.25%), Vitamin B5: 0.21mg (2.07%), Manganese: 0.04mg (2.05%), Potassium: 61.78mg (1.77%), Folate: 5.66µg (1.42%), Vitamin B6: 0.03mg (1.42%), Zinc: 0.19mg (1.24%), Vitamin B12: 0.07µg (1.23%), Magnesium: 4.84mg (1.21%)