



Cucumber-Feta Bites

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



118 kcal

SIDE DISH

Ingredients

- 1 small cucumber halved lengthwise seeded
- 1 tablespoon feta
- 3 tablespoons nonfat greek yogurt
- 2 teaspoons walnuts

Equipment

Directions

Mix yogurt, cream cheese, and feta. Spoon into cucumber; top with walnuts.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:0.58, Inflammation Score:-3, Nutrition Score:8.0134781054828%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

Nutrients (% of daily need)

Calories: 117.62kcal (5.88%), Fat: 6.68g (10.28%), Saturated Fat: 2.58g (16.1%), Carbohydrates: 6.26g (2.09%), Net Carbohydrates: 4.88g (1.78%), Sugar: 3.76g (4.17%), Cholesterol: 17.38mg (5.79%), Sodium: 213.24mg (9.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.59g (17.18%), Vitamin B2: 0.32mg (18.55%), Phosphorus: 165.51mg (16.55%), Calcium: 159.8mg (15.98%), Manganese: 0.26mg (13.04%), Vitamin K: 11.79µg (11.23%), Selenium: 7.36µg (10.51%), Vitamin B6: 0.2mg (10.15%), Vitamin B12: 0.6µg (10.04%), Copper: 0.19mg (9.44%), Potassium: 306.51mg (8.76%), Folate: 34.63µg (8.66%), Magnesium: 33.46mg (8.36%), Zinc: 1.12mg (7.47%), Vitamin B5: 0.72mg (7.15%), Vitamin B1: 0.1mg (6.58%), Vitamin C: 5.11mg (6.19%), Fiber: 1.37g (5.5%), Vitamin A: 188.1IU (3.76%), Iron: 0.61mg (3.37%), Vitamin B3: 0.37mg (1.83%)