



## Cucumber, Hummus, and Lemon Tea Sandwiches

 Vegetarian  Vegan  Dairy Free

READY IN



35 min.

SERVINGS



16

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 16 servings pepper black freshly ground
- 8 slices bread
- 1 teaspoon kosher salt as needed plus more

### Equipment

- bowl
- paper towels
- knife

- sieve
- mandoline
- rolling pin
- colander

## Directions

- Using a mandoline or a very sharp knife, slice the cucumber into paper-thin rounds, about 1/16 inch thick.
- Place the slices in a colander or sieve set over a bowl, sprinkle them with the measured salt, and toss to combine. Set aside to drain for 15 to 20 minutes. Meanwhile, using the mandoline or very sharp knife, slice the lemons into paper-thin rounds about 1/16 inch thick, removing any seeds as you go; set them aside. Using a rolling pin, flatten each slice of bread to half its original thickness.
- Spread 2 tablespoons of the hummus evenly on 1 side of each slice of bread and season with salt and pepper; set aside. When the cucumbers are ready, lightly blot them with paper towels to remove any excess moisture. Shingle the cucumber slices over the hummus on 4 slices of bread (about 12 slices per sandwich). Top the cucumbers with a layer of lemon slices (about 4 slices per sandwich). Close the sandwiches with the remaining slices of bread. Trim the crusts, and make 2 diagonal cuts on each sandwich to form 4 triangles. Beverage pairing: Voss Sauvignon Blanc, Napa. The well-defined flavors of lime, melon, and grass make this a good pair with the sharp, refreshing flavors in the sandwich. Also, the wine features a nice interplay between crispness and creaminess, just like the sandwiches.

## Nutrition Facts



**PROTEIN 15.62%** **FAT 14.85%** **CARBS 69.53%**

## Properties

Glycemic Index: 5.67, Glycemic Load: 3.59, Inflammation Score: -1, Nutrition Score: 1.8947825996286%

## Nutrients (% of daily need)

Calories: 38.61kcal (1.93%), Fat: 0.64g (0.98%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 6.71g (2.24%), Net Carbohydrates: 6.13g (2.23%), Sugar: 0.8g (0.89%), Cholesterol: 0mg (0%), Sodium: 211.58mg (9.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.02%), Manganese: 0.18mg (9%), Selenium: 4.04µg (5.77%), Vitamin B3: 0.78mg (3.92%), Vitamin B1: 0.06mg (3.84%), Folate: 11.92µg (2.98%), Iron: 0.51mg (2.86%), Fiber: 0.59g

(2.34%), Vitamin B2: 0.04mg (2.09%), Phosphorus: 18.22mg (1.82%), Calcium: 18.03mg (1.8%), Magnesium: 5.91mg (1.48%), Vitamin B5: 0.12mg (1.16%), Copper: 0.02mg (1.11%)