



Cucumber Mint Tea Sandwiches

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 slices bread
- 0.5 cucumber organic thinly sliced
- 3 tablespoons maple syrup
- 8 servings pepper black
- 8 servings mint leaves fresh
- 8 servings optional: dill fresh
- 2 tablespoons veganaise
- 1 tablespoon maple syrup

2 teaspoons wasabi powder

1 dash pepper black

Equipment

Directions

Whip together the spread, thinly slice the cucumbers. You can do thick crunchy slices, or thin silky slices – your choice. Gather your fresh herbs, rinse and pat dry.

Spread a very thin layer of spread on all inside surfaces of bread.

Layer cucumber on top of the spread. Next, add a layer of mint, dill. You can add both herbs to each sandwich or do half dill and half mint. Grind fresh black pepper inside sandwiches before slicing.

Close sandwich and slice into quarter cubes or triangles.

Plate and serve.

Optional: add a thin layer of spicy sun dried tomato spread or a dash of red pepper flakes for an extra spicy kick of flavor. Another pretty addition would be edible flowers – add inside the sandwiches or as an edible garnish to the serving patter.

Nutrition Facts



PROTEIN 7.41% **FAT 29.18%** **CARBS 63.41%**

Properties

Glycemic Index:28.21, Glycemic Load:6.09, Inflammation Score:-1, Nutrition Score:3.4752173913043%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Taste

Sweetness: 100%, Saltiness: 1.25%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 41.55%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 91.41kcal (4.57%), Fat: 2.93g (4.51%), Saturated Fat: 0.35g (2.2%), Carbohydrates: 14.33g (4.78%), Net Carbohydrates: 13.51g (4.91%), Sugar: 7.05g (7.84%), Cholesterol: 0mg (0%), Sodium: 87.92mg (3.82%), Protein: 1.67g (3.35%), Manganese: 0.44mg (21.95%), Vitamin B2: 0.17mg (10.02%), Selenium: 4.06µg (5.79%), Vitamin B1: 0.07mg (4.75%), Vitamin B3: 0.82mg (4.1%), Folate: 15.88µg (3.97%), Iron: 0.63mg (3.48%), Calcium: 34.48mg (3.45%), Fiber: 0.82g (3.29%), Magnesium: 11.31mg (2.83%), Phosphorus: 23.17mg (2.32%), Potassium: 77.08mg (2.2%), Vitamin K: 2.22µg (2.11%), Copper: 0.04mg (1.97%), Zinc: 0.26mg (1.77%), Vitamin B5: 0.17mg (1.66%), Vitamin B6: 0.03mg (1.38%), Vitamin C: 1.14mg (1.38%), Vitamin A: 64.68IU (1.29%)