

Cucumber Party Sandwiches

 Vegetarian

READY IN



40 min.

SERVINGS



32

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound bread sliced
- 8 ounces cream cheese softened
- 1 cucumber minced peeled seeded
- 0.3 teaspoon ground cumin
- 32 servings kosher salt to taste
- 0.3 teaspoon lawry's seasoned salt

Equipment

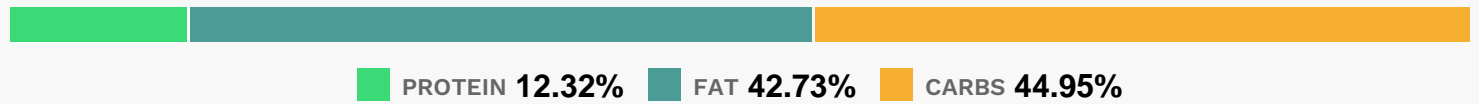
- bowl

- sieve
- cheesecloth

Directions

- Place cucumber into a strainer and sprinkle with kosher salt; allow cucumber to drain for about 20 minutes.
- Transfer cucumber to a piece of cheesecloth and squeeze dry.
- Mash cream cheese with seasoned salt and cumin in a bowl. Stir cucumber into cream cheese mixture.
- Spread the cucumber mixture on a slice of bread; top with a second slice. Press the slices together lightly and trim off the crusts. Slice each sandwich into 4 triangles by cutting an X shape. Chill sandwiches until serving time.

Nutrition Facts



Properties

Glycemic Index:3.3, Glycemic Load:3.74, Inflammation Score:-1, Nutrition Score:2.400869557391%

Nutrients (% of daily need)

Calories: 64.83kcal (3.24%), Fat: 3.1g (4.77%), Saturated Fat: 1.53g (9.57%), Carbohydrates: 7.33g (2.44%), Net Carbohydrates: 6.7g (2.44%), Sugar: 1.21g (1.34%), Cholesterol: 7.16mg (2.39%), Sodium: 301.47mg (13.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.02%), Manganese: 0.18mg (8.88%), Selenium: 4.7µg (6.72%), Vitamin B1: 0.06mg (4.19%), Vitamin B3: 0.8mg (4.02%), Folate: 14µg (3.5%), Vitamin B2: 0.05mg (3.2%), Iron: 0.55mg (3.06%), Phosphorus: 27.92mg (2.79%), Calcium: 26.18mg (2.62%), Fiber: 0.63g (2.54%), Vitamin A: 102.42IU (2.05%), Magnesium: 7.64mg (1.91%), Vitamin B5: 0.18mg (1.79%), Copper: 0.03mg (1.46%), Vitamin K: 1.52µg (1.45%), Zinc: 0.2mg (1.33%), Vitamin B6: 0.02mg (1.23%), Potassium: 42.41mg (1.21%)