



Cucumber-Rye Tea Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 30 servings pepper black freshly ground
- 3 tablespoons cider vinegar
- 12 ounces cream cheese softened
- 1 large cucumber seedless peeled cut into 3-inch lengths
- 1 tablespoon juice of lemon fresh
- 1 persian cucumber thinly sliced
- 36 slices party rye
- 0.5 teaspoon salt

- 1 scallion finely chopped
- 1 tablespoon sugar

Equipment

- bowl
- cookie cutter
- colander
- box grater

Directions

- Using a box grater, coarsely grate the cucumber lengthwise, stopping when you get to the seedy center.
- Transfer the cucumber to a bowl and stir in the vinegar, lemon juice, sugar and salt.
- Let stand for 15 minutes.
- If using rye bread slices, use a 2-inch-round cookie cutter to cut out 36 rounds from the bread. Cover with a slightly damp towel.
- Transfer the grated cucumber to a colander to drain; squeeze out the excess liquid. Return it to the bowl and stir in the cream cheese and scallion.
- Spread the cucumber cream cheese on the bread rounds, top each with a Persian cucumber slice and arrange on a platter.
- Sprinkle with pepper and serve.

Nutrition Facts



PROTEIN 11.31% **FAT 32.54%** **CARBS 56.15%**

Properties

Glycemic Index:8.45, Glycemic Load:9.01, Inflammation Score:-3, Nutrition Score:5.6817390957604%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 143.27kcal (7.16%), Fat: 5.19g (7.98%), Saturated Fat: 2.54g (15.86%), Carbohydrates: 20.14g (6.71%), Net Carbohydrates: 17.82g (6.48%), Sugar: 2.53g (2.81%), Cholesterol: 11.45mg (3.82%), Sodium: 306.32mg (13.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Selenium: 12.89µg (18.41%), Manganese: 0.34mg (17.22%), Vitamin B1: 0.17mg (11.53%), Folate: 44.46µg (11.12%), Vitamin B2: 0.16mg (9.37%), Fiber: 2.32g (9.29%), Vitamin B3: 1.48mg (7.42%), Iron: 1.15mg (6.4%), Phosphorus: 63.45mg (6.34%), Magnesium: 18.28mg (4.57%), Calcium: 41.82mg (4.18%), Copper: 0.08mg (4.01%), Zinc: 0.52mg (3.48%), Vitamin K: 3.64µg (3.46%), Vitamin A: 172.01IU (3.44%), Potassium: 100.22mg (2.86%), Vitamin B5: 0.27mg (2.67%), Vitamin B6: 0.04mg (2.03%), Vitamin E: 0.23mg (1.55%)