



Cucumber-Salmon-Watercress Sandwiches

READY IN



45 min.

SERVINGS



12

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons butter softened
- 8 ounce cream cheese softened
- 3 tablespoons cucumber finely chopped
- 0.1 teaspoon ground pepper red
- 0.5 teaspoon juice of lemon
- 3 ounces salmon smoked cold thinly sliced
- 0.5 cup watercress minced trimmed
- 1 teaspoon watercress minced trimmed
- 12 slices bread whole wheat

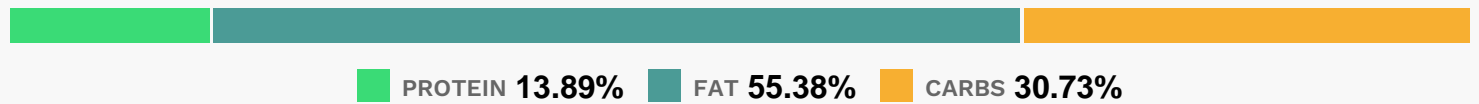
Equipment

- food processor

Directions

- Process cream cheese in a food processor until smooth, stopping to scrape down sides.
- Add finely chopped cucumber and next 4 ingredients; process until well blended.
- Cut 2 rounds out of each bread slice using a 2-inch biscuit cutter.
- Spread cheese mixture evenly on one side of half of bread rounds. Top with remaining bread rounds. Carefully spread the cut outer edges of sandwiches with butter. Dip edges in 1/2 cup minced watercress, coating evenly. Cover and chill 2 hours.

Nutrition Facts



Properties

Glycemic Index:17.31, Glycemic Load:7.54, Inflammation Score:-4, Nutrition Score:6.9630434720413%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 171.48kcal (8.57%), Fat: 10.63g (16.36%), Saturated Fat: 4.67g (29.22%), Carbohydrates: 13.27g (4.42%), Net Carbohydrates: 11.55g (4.2%), Sugar: 2.01g (2.23%), Cholesterol: 20.72mg (6.91%), Sodium: 274.75mg (11.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6g (12%), Manganese: 0.61mg (30.43%), Selenium: 11.17µg (15.95%), Phosphorus: 93.96mg (9.4%), Vitamin A: 455.68IU (9.11%), Vitamin D: 1.21µg (8.08%), Vitamin B3: 1.6mg (8%), Vitamin B1: 0.12mg (7.91%), Vitamin K: 7.44µg (7.09%), Fiber: 1.72g (6.89%), Calcium: 68.56mg (6.86%), Magnesium: 25.51mg (6.38%), Vitamin B2: 0.1mg (5.98%), Vitamin B6: 0.1mg (4.8%), Vitamin B12: 0.28µg (4.6%), Iron: 0.81mg (4.51%), Copper: 0.09mg (4.36%), Zinc: 0.62mg (4.12%), Vitamin B5: 0.38mg (3.79%), Vitamin E: 0.54mg (3.63%), Folate: 14.38µg (3.6%), Potassium: 120.51mg (3.44%), Vitamin C: 1.01mg (1.22%)