



Cucumber Sandwiches II

 Vegetarian

READY IN



30 min.

SERVINGS



15

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce cream cheese softened
- 2 cucumber sliced
- 0.7 ounce salad dressing dry italian-style
- 1 pound cocktail rye bread
- 3 tablespoons cream sour

Equipment

- bowl

Directions

- In a small bowl, blend cream cheese, sour cream and dry Italian-style salad dressing mix.
- Arrange cocktail rye bread slices on a medium serving dish.
- Spread with the cream cheese mixture. Top each with a cucumber slice.

Nutrition Facts



PROTEIN 10.51% **FAT 43.63%** **CARBS 45.86%**

Properties

Glycemic Index:6.29, Glycemic Load:7.04, Inflammation Score:-3, Nutrition Score:5.3860869614974%

Nutrients (% of daily need)

Calories: 143.97kcal (7.2%), Fat: 7.01g (10.78%), Saturated Fat: 3.53g (22.06%), Carbohydrates: 16.58g (5.53%), Net Carbohydrates: 14.54g (5.29%), Sugar: 2.51g (2.79%), Cholesterol: 16.69mg (5.56%), Sodium: 244.5mg (10.63%), Alcohol: 0g (100%), Protein: 3.8g (7.6%), Selenium: 10.8µg (15.43%), Manganese: 0.28mg (14.04%), Folate: 40.37µg (10.09%), Vitamin B1: 0.15mg (9.86%), Vitamin B2: 0.15mg (8.83%), Fiber: 2.03g (8.14%), Phosphorus: 64.4mg (6.44%), Vitamin B3: 1.18mg (5.91%), Iron: 0.97mg (5.36%), Vitamin A: 249.4IU (4.99%), Magnesium: 18.56mg (4.64%), Calcium: 44.94mg (4.49%), Copper: 0.09mg (4.4%), Vitamin K: 4.34µg (4.13%), Potassium: 128.67mg (3.68%), Zinc: 0.5mg (3.31%), Vitamin B5: 0.32mg (3.23%), Vitamin B6: 0.05mg (2.67%), Vitamin E: 0.28mg (1.87%), Vitamin C: 1.43mg (1.73%)