



Cucumber Tea Sandwich Flowers

 Vegetarian

READY IN



10 min.

SERVINGS



30

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter softened
- 2 teaspoons capers minced
- 8 ounce salmon cream cheese spread
- 1 tablespoon chives finely chopped
- 1 cucumber english thinly sliced
- 0.5 teaspoon juice of lemon
- 1 tablespoon tarragon finely chopped
- 30 slices bread white thinly sliced (recommended: Sara Lee)

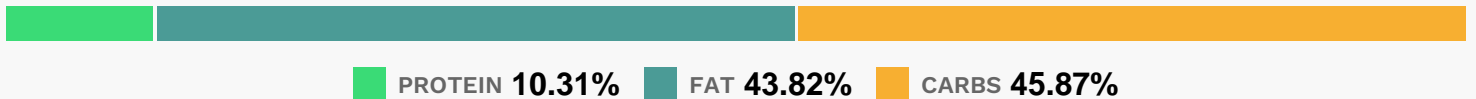
Equipment

- bowl
- mixing bowl
- cookie cutter
- pastry bag

Directions

- Special equipment: Medium sized star pastry tip
- In a small mixing bowl, combine salmon cream cheese, capers, chives and lemon juice. Stir to combine thoroughly.
- Make a pastry bag by cutting a small triangle out of the bottom corner of a large zip-top bag.
- Place a medium sized star pastry tip on the inside of bag and fit tightly into hole. Hold pastry bag upright with 1 hand and scoop salmon cream cheese mixture into the bag with other hand. Secure top and refrigerate until ready to use.
- In a small bowl, blend the butter and tarragon and set aside.
- To make sandwiches, spread tarragon butter on 2 slices of bread and place 6 to 8 cucumber slices between them. Repeat to make 15 sandwiches. Use a 3-inch flower shaped cookie cutter to stamp out sandwich flowers.
- Arrange sandwiches on serving platter.
- Remove pastry bag from refrigerator and pipe salmon cream cheese mixture on top of each sandwich flower.

Nutrition Facts



Properties

Glycemic Index:7.99, Glycemic Load:8.84, Inflammation Score:-2, Nutrition Score:3.4504347411187%

Flavonoids

Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.2mg, Kaempferol: 0.2mg,

Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin:
0.24mg

Nutrients (% of daily need)

Calories: 115.64kcal (5.78%), Fat: 5.63g (8.67%), Saturated Fat: 3.21g (20.07%), Carbohydrates: 13.27g (4.42%), Net
Carbohydrates: 12.62g (4.59%), Sugar: 1.74g (1.94%), Cholesterol: 12.82mg (4.27%), Sodium: 182.7mg (7.94%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.97%), Manganese: 0.17mg (8.75%), Vitamin B1: 0.13mg
(8.69%), Selenium: 5.88µg (8.4%), Folate: 29.36µg (7.34%), Calcium: 67.14mg (6.71%), Vitamin B3: 1.22mg (6.12%),
Iron: 0.95mg (5.27%), Vitamin B2: 0.07mg (4%), Vitamin A: 191.46IU (3.83%), Phosphorus: 32.37mg (3.24%), Fiber:
0.65g (2.6%), Magnesium: 9.03mg (2.26%), Vitamin K: 2.2µg (2.1%), Copper: 0.04mg (1.87%), Zinc: 0.25mg (1.69%),
Vitamin B5: 0.16mg (1.65%), Vitamin B6: 0.03mg (1.65%), Potassium: 52.34mg (1.5%)