



WHATSheATE



Cucumber Tea Sandwiches



Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup process cream cheese product light
- ☐ 1 cup cucumber shredded peeled seeded
- ☐ 32 slices cucumber thin
- ☐ 1 Dash ground pepper white
- ☐ 8 ounce carton nonfat yogurt plain
- ☐ 3 tablespoons onion shredded
- ☐ 0.1 teaspoon salt
- ☐ 1 ounce sandwich bread white

- ☐ 1 ounce bread whole wheat

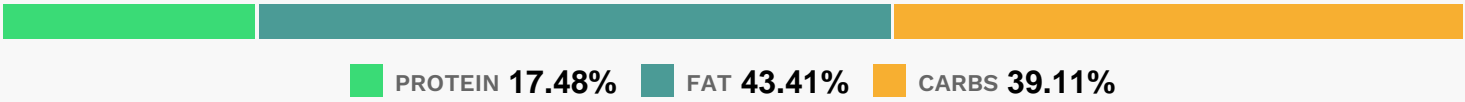
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sieve
- ☐ plastic wrap
- ☐ hand mixer
- ☐ cookie cutter
- ☐ spatula
- ☐ colander
- ☐ cheesecloth

Directions

- ☐ Line a colander or sieve with a double layer of cheesecloth that has been rinsed out and squeezed dry; allow cheesecloth to extend over edge of colander. Spoon yogurt into colander; fold edges of cheesecloth over to cover yogurt.
- ☐ Place colander in a bowl; refrigerate 12 hours. Scrape yogurt into a bowl, using a rubber spatula; discard liquid.
- ☐ Beat yogurt and cream cheese at medium speed of an electric mixer until smooth. Press shredded cucumber and onion between paper towels to remove excess moisture.
- ☐ Add vegetables to yogurt mixture; stir well. Stir in salt and pepper. Set aside.
- ☐ Cut 2 (1 3/4-inch) rounds out of each bread slice, using a cookie cutter.
- ☐ Spread 1 1/2 teaspoons yogurt mixture on one side of each of 16 white bread rounds; top each with a cucumber slice and a whole wheat round. Repeat procedure, spreading yogurt mixture on 16 whole wheat rounds, and topping each with a cucumber slice and a white bread round. Reserve remaining yogurt mixture.
- ☐ Transfer sandwiches to a serving platter. Cover with plastic wrap; chill until ready to serve. Dollop remaining yogurt mixture on sandwiches.
- ☐ Garnish with parsley sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:7.14, Glycemic Load:0.62, Inflammation Score:-1, Nutrition Score:0.92652173729047%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 18.69kcal (0.93%), Fat: 0.91g (1.4%), Saturated Fat: 0.5g (3.14%), Carbohydrates: 1.84g (0.61%), Net Carbohydrates: 1.67g (0.61%), Sugar: 0.91g (1.01%), Cholesterol: 2.53mg (0.84%), Sodium: 30.44mg (1.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.65%), Calcium: 21.58mg (2.16%), Phosphorus: 19.21mg (1.92%), Manganese: 0.04mg (1.77%), Vitamin B2: 0.03mg (1.69%), Selenium: 0.91µg (1.3%), Potassium: 41.01mg (1.17%), Vitamin B1: 0.02mg (1.05%), Folate: 4.16µg (1.04%)