



Cucumber Tea Sandwiches with Mint-Chile Butter

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 tablespoons butter softened
- ☐ 1.5 cups cucumber english thinly sliced
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 teaspoon salt
- ☐ 1 serrano chile seeded finely chopped
- ☐ 1 ounce sandwich bread white

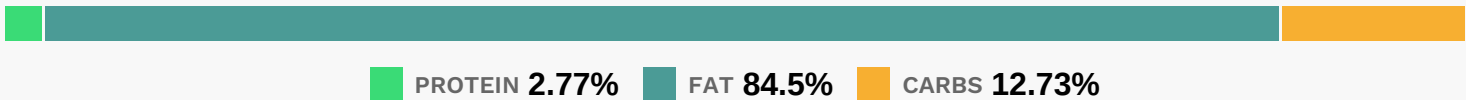
Equipment

☐ bowl

Directions

- ☐ Combine first 4 ingredients, stirring until well combined.
- ☐ Trim crusts from bread; discard crusts.
- ☐ Spread each bread slice with about 1 1/2 teaspoons butter mixture.
- ☐ Place cucumber in a small bowl, and drizzle with lime juice; toss to coat. Arrange cucumber slices in an even layer over buttered sides of 6 bread slices; top with remaining bread slices, buttered side down.
- ☐ Cut sandwiches diagonally into quarters.

Nutrition Facts



Properties

Glycemic Index:10.4, Glycemic Load:0.83, Inflammation Score:-2, Nutrition Score:1.1330434777167%

Flavonoids

Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 59.87kcal (2.99%), Fat: 5.79g (8.91%), Saturated Fat: 3.63g (22.66%), Carbohydrates: 1.96g (0.65%), Net Carbohydrates: 1.72g (0.63%), Sugar: 0.39g (0.43%), Cholesterol: 15.05mg (5.02%), Sodium: 105.45mg (4.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.86%), Vitamin A: 247.01IU (4.94%), Vitamin K: 2.69µg (2.56%), Manganese: 0.04mg (2.01%), Vitamin C: 1.36mg (1.65%), Folate: 5.41µg (1.35%), Calcium: 12.04mg (1.2%), Vitamin E: 0.18mg (1.18%), Vitamin B1: 0.02mg (1.16%), Iron: 0.19mg (1.04%)