



Dill Cream Cheese, Roast Beef and Cucumber Sandwiches

READY IN



20 min.

SERVINGS



5

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 slices dense bread white
- ☐ 8 ounce cream cheese softened
- ☐ 0.5 cucumber peeled thinly sliced
- ☐ 3 tablespoons optional: dill fresh chopped
- ☐ 5 servings salt and ground pepper black to taste
- ☐ 1 pound deli roast beef thinly sliced

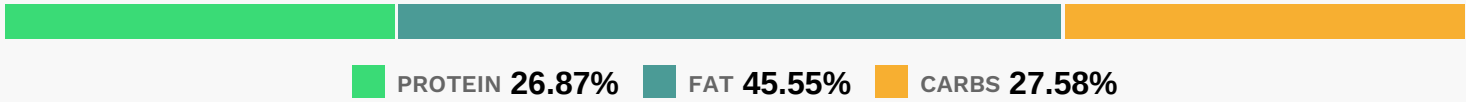
Equipment

- ☐ bowl
- ☐ kitchen towels

Directions

- ☐ Wrap grated cucumber in a clean kitchen towel; squeeze to release liquid from cucumber.
- ☐ Transfer grated cucumber to a bowl.
- ☐ Mix cream cheese, dill, salt, and black pepper into grated cucumber.
- ☐ Spread cream cheese mixture over bread slices.
- ☐ Divide roast beef and cucumber slices on 5 slices bread and place another slice of bread spread-side down on top to make 5 sandwiches.

Nutrition Facts



Properties

Glycemic Index:32.76, Glycemic Load:18.29, Inflammation Score:-7, Nutrition Score:18.926086912984%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 406.57kcal (20.33%), Fat: 20.63g (31.73%), Saturated Fat: 10.67g (66.67%), Carbohydrates: 28.1g (9.37%), Net Carbohydrates: 26.71g (9.71%), Sugar: 4.79g (5.32%), Cholesterol: 97.52mg (32.51%), Sodium: 1747.01mg (75.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.39g (54.77%), Vitamin C: 41.99mg (50.89%), Vitamin B3: 9.18mg (45.89%), Calcium: 408.65mg (40.87%), Selenium: 21.61µg (30.88%), Phosphorus: 286.74mg (28.67%), Vitamin B12: 1.64µg (27.37%), Zinc: 4mg (26.64%), Vitamin B6: 0.45mg (22.52%), Vitamin B1: 0.31mg (20.95%), Iron: 3.73mg (20.7%), Vitamin B2: 0.34mg (20.25%), Folate: 72.41µg (18.1%), Manganese: 0.36mg (17.8%), Vitamin A: 650.34IU (13.01%), Potassium: 416.29mg (11.89%), Magnesium: 40.54mg (10.13%), Vitamin B5: 0.87mg (8.73%), Copper: 0.16mg (7.83%), Fiber: 1.39g (5.56%), Vitamin E: 0.51mg (3.4%), Vitamin K: 3.38µg (3.22%)