



English Tea Cucumber Sandwiches

READY IN



25 min.

SERVINGS



12

CALORIES



205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound bread sliced
- 8 ounce cream cheese softened
- 1 cucumber peeled thinly sliced
- 0.3 teaspoon garlic powder
- 1 pinch lemon pepper
- 0.3 cup mayonnaise
- 0.3 teaspoon onion salt
- 1 dash worcestershire sauce

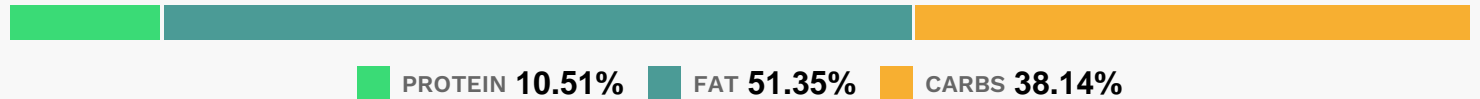
Equipment

- bowl
- paper towels
- colander

Directions

- Place cucumber slices between 2 paper towels set in a colander. Allow liquid to drain, about 10 minutes.
- Mix cream cheese, mayonnaise, garlic powder, onion salt, and Worcestershire sauce in a bowl until smooth.
- Spread cream cheese mixture evenly on one side of each bread slice.
- Divide cucumber slices over half of the bread slices; sprinkle lemon pepper on cucumber.
- Stack the other half of the bread slices with spread sides down over the cucumber slices to make sandwiches.

Nutrition Facts



Properties

Glycemic Index:15.64, Glycemic Load:10, Inflammation Score:-3, Nutrition Score:6.796521736066%

Nutrients (% of daily need)

Calories: 204.74kcal (10.24%), Fat: 11.75g (18.07%), Saturated Fat: 4.63g (28.94%), Carbohydrates: 19.63g (6.54%), Net Carbohydrates: 17.94g (6.52%), Sugar: 3.26g (3.62%), Cholesterol: 21.05mg (7.02%), Sodium: 317.84mg (13.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.82%), Manganese: 0.47mg (23.65%), Selenium: 12.66µg (18.09%), Vitamin B1: 0.17mg (11.22%), Vitamin K: 11.67µg (11.11%), Vitamin B3: 2.14mg (10.7%), Folate: 37.6µg (9.4%), Vitamin B2: 0.15mg (8.59%), Iron: 1.46mg (8.09%), Phosphorus: 75.54mg (7.55%), Calcium: 69.66mg (6.97%), Fiber: 1.69g (6.78%), Vitamin A: 275.72IU (5.51%), Magnesium: 20.32mg (5.08%), Vitamin B5: 0.49mg (4.86%), Copper: 0.08mg (3.93%), Zinc: 0.54mg (3.6%), Vitamin B6: 0.07mg (3.34%), Potassium: 114.71mg (3.28%), Vitamin E: 0.4mg (2.64%), Vitamin C: 0.89mg (1.08%)