



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
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 teaspoon onion salt
- ☐ 1 dash worcestershire sauce

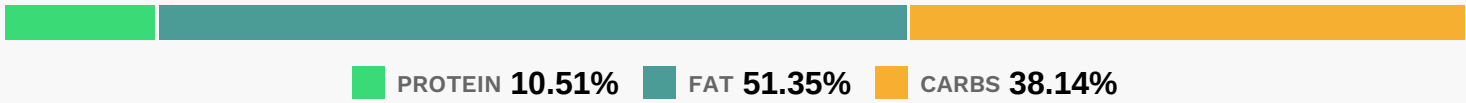
Equipment

- ☐ 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:12.97, Glycemic Load:10, Inflammation Score:-3, Nutrition Score:6.7913043912014%

Nutrients (% of daily need)

Calories: 204.72kcal (10.24%), Fat: 11.74g (18.07%), Saturated Fat: 4.63g (28.94%), Carbohydrates: 19.63g (6.54%), Net Carbohydrates: 17.93g (6.52%), Sugar: 3.26g (3.62%), Cholesterol: 21.05mg (7.02%), Sodium: 317.84mg (13.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.82%), Manganese: 0.47mg (23.6%), Selenium: 12.66µg (18.08%), Vitamin B1: 0.17mg (11.22%), Vitamin K: 11.66µg (11.1%), Vitamin B3: 2.14mg (10.7%), Folate: 37.6µg (9.4%), Vitamin B2: 0.15mg (8.59%), Iron: 1.45mg (8.08%), Phosphorus: 75.52mg (7.55%), Calcium: 69.62mg (6.96%), Fiber: 1.69g (6.77%), Vitamin A: 275.68IU (5.51%), Magnesium: 20.31mg (5.08%), Vitamin B5: 0.49mg (4.86%), Copper: 0.08mg (3.93%), Zinc: 0.54mg (3.6%), Vitamin B6: 0.07mg (3.33%), Potassium: 114.6mg (3.27%), Vitamin E: 0.4mg (2.64%), Vitamin C: 0.89mg (1.08%)