



Feta & cucumber bites



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



24

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 garlic clove crushed
- ☐ 200 g feta cheese
- ☐ 100 g ricotta cheese
- ☐ 4 tbsp optional: dill chopped
- ☐ 1 large cucumber halved
- ☐ 24 servings pepper black

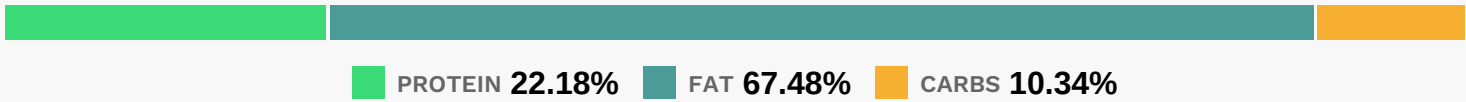
Equipment

- ☐ food processor

Directions

- ☐ Add the garlic, feta, ricotta and dill to a food processor and whizz until smooth but thick.
- ☐ Fill the middle of the cucumber with the cheese mix and smooth over.
- ☐ Cut into 3cm-thick slices.
- ☐ Sprinkle with cracked pepper and garnish with the dill fronds.

Nutrition Facts



Properties

Glycemic Index:6.08, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:1.5543478351572%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 31.2kcal (1.56%), Fat: 2.36g (3.62%), Saturated Fat: 1.46g (9.11%), Carbohydrates: 0.81g (0.27%), Net Carbohydrates: 0.7g (0.25%), Sugar: 0.17g (0.19%), Cholesterol: 9.54mg (3.18%), Sodium: 98.82mg (4.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.48%), Calcium: 52.15mg (5.21%), Vitamin B2: 0.08mg (4.82%), Phosphorus: 37.51mg (3.75%), Selenium: 1.89µg (2.7%), Vitamin B12: 0.16µg (2.58%), Vitamin B6: 0.05mg (2.25%), Zinc: 0.31mg (2.08%), Vitamin A: 67.81IU (1.36%), Manganese: 0.03mg (1.34%), Folate: 4.92µg (1.23%), Vitamin B5: 0.12mg (1.2%), Vitamin B1: 0.02mg (1.16%), Vitamin K: 1.2µg (1.14%)