



HEALTH SCORE

100%

Cool Cucumber Sandwich

 Dairy Free  Very Healthy

READY IN



10 min.

SERVINGS



1

CALORIES



730 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

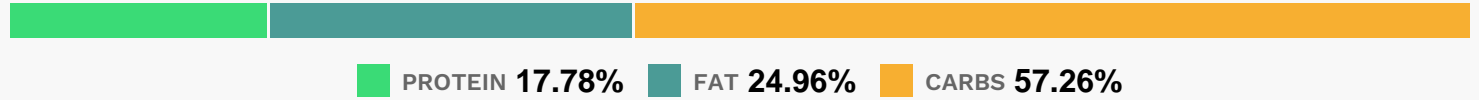
- 2 slices bread toasted
- 2 bacon cooked
- 12 cucumber thin
- 1 tablespoon ranch dressing prepared
- 1 slice tomatoes

Equipment

Directions

- Spread salad dressing on one side of each toast slice.
- Layer one slice of bread with the cucumber, bacon and tomato; top with second bread slice.

Nutrition Facts



Properties

Glycemic Index:111.67, Glycemic Load:22.45, Inflammation Score:-10, Nutrition Score:67.616521762765%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 729.68kcal (36.48%), Fat: 20.64g (31.76%), Saturated Fat: 3.83g (23.94%), Carbohydrates: 106.57g (35.52%), Net Carbohydrates: 78.8g (28.66%), Sugar: 54.3g (60.34%), Cholesterol: 19.74mg (6.58%), Sodium: 742.18mg (32.27%), Alcohol: 0g (100%), Protein: 33.09g (66.18%), Vitamin K: 284.18µg (270.64%), Manganese: 3.34mg (166.81%), Potassium: 5128.39mg (146.53%), Vitamin C: 119.01mg (144.26%), Folate: 556.25µg (139.06%), Copper: 2.67mg (133.72%), Magnesium: 463.64mg (115.91%), Fiber: 27.76g (111.06%), Vitamin B6: 2.01mg (100.49%), Vitamin B1: 1.45mg (96.53%), Vitamin B5: 9.42mg (94.22%), Phosphorus: 924.7mg (92.47%), Vitamin B2: 1.1mg (64.5%), Calcium: 582.66mg (58.27%), Iron: 10.21mg (56.7%), Vitamin A: 2829.65IU (56.59%), Zinc: 7.26mg (48.42%), Selenium: 28.36µg (40.52%), Vitamin B3: 6.31mg (31.55%), Vitamin E: 1.73mg (11.55%), Vitamin B12: 0.2µg (3.33%)