



Gluten-Free Cucumber Slices Provençal



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



32

CALORIES



7 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large cucumber english chilled
- ☐ 0.3 cup sun-dried olives
- ☐ 3 tablespoons goat cheese crumbled (goat)
- ☐ 1 leaves basil fresh

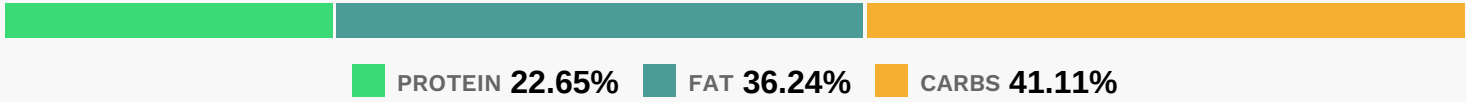
Equipment

- ☐ paper towels
- ☐ peeler

Directions

- ☐ Make lines or indentations lengthwise down cucumber at 1/4-inch intervals, using vegetable peeler or tines of fork.
- ☐ Cut cucumber into 32 slices, 1/2 inch each.
- ☐ Place on paper towels to drain.
- ☐ Spread each slice with about 1 teaspoon tomato spread.
- ☐ Sprinkle each with about 1/2 teaspoon cheese.
- ☐ Serve immediately, or refrigerate up to 1 hour. Top each slice with basil leaf just before serving.

Nutrition Facts



Properties

Glycemic Index:3.59, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:0.66434782929718%

Nutrients (% of daily need)

Calories: 7.47kcal (0.37%), Fat: 0.32g (0.5%), Saturated Fat: 0.2g (1.23%), Carbohydrates: 0.83g (0.28%), Net Carbohydrates: 0.63g (0.23%), Sugar: 0.56g (0.63%), Cholesterol: 0.6mg (0.2%), Sodium: 6.23mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.91%), Copper: 0.03mg (1.61%), Potassium: 51.59mg (1.47%), Manganese: 0.03mg (1.45%), Vitamin K: 1.21µg (1.15%)