



Herbed Cream Cheese Cucumber Rounds



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



13 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pinch cayenne to taste
- ☐ 32 servings sea salt for sprinkling
- ☐ 4 oz cream cheese softened
- ☐ 0.5 medium cucumber seedless (usually plastic-wrapped)
- ☐ 2 teaspoons chives fresh finely chopped
- ☐ 2 tablespoons mint leaves fresh thinly sliced
- ☐ 0.3 teaspoon juice of lemon fresh
- ☐ 1 leaves lemon zest fresh finely grated

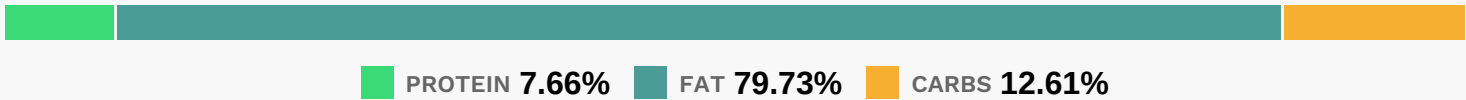
- ☐ 3 medium radishes
- ☐ 0.1 teaspoon salt

Equipment

Directions

- ☐ Stir together cream cheese, herbs, zest, lemon juice, table salt, and cayenne.
- ☐ Slice 32 (1/8-inch-thick) rounds from cucumber with slicer. Trim bottoms from radishes, then slice into 32 (1/16-inch-thick) rounds with slicer. Top each cucumber slice with a radish slice and 1/2 teaspoon herbed cream cheese.
- ☐ Sprinkle with coarse sea salt and serve immediately.
- ☐ *Available at Asian markets and cookware shops.

Nutrition Facts



Properties

Glycemic Index:4.25, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:0.36739129897045%

Flavonoids

Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Eriodictyol: 0.1mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

Nutrients (% of daily need)

Calories: 13.44kcal (0.67%), Fat: 1.23g (1.89%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 0.44g (0.15%), Net Carbohydrates: 0.38g (0.14%), Sugar: 0.22g (0.25%), Cholesterol: 3.58mg (1.19%), Sodium: 214.34mg (9.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.53%), Vitamin A: 69.85IU (1.4%)