



Italian Cucumber Sandwiches



Vegetarian



Dairy Free

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READY IN

ready

20 min.

SERVINGS

servings

15

CALORIES

calories

185 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cucumber peeled thinly sliced
- ☐ 1 cup mayonnaise
- ☐ 0.7 ounce salad dressing mix dry italian-style
- ☐ 1 pound cocktail rye bread

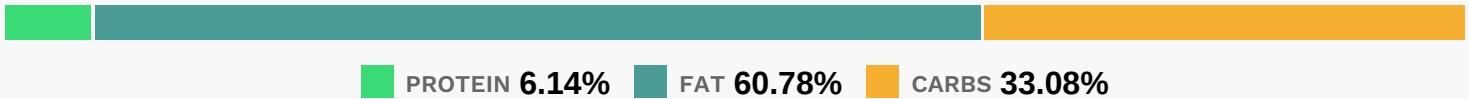
Equipment

- ☐ bowl
- ☐ pastry bag

Directions

- ☐ In a medium bowl, thoroughly mix mayonnaise and dry Italian-style salad dressing mix.
- ☐ Arrange the cocktail rye bread slices in a single layer on a serving platter.
- ☐ Place mayonnaise mixture in a pastry bag and squeeze an approximately 1 inch dollop of the mixture onto each cocktail rye bread slice.
- ☐ Top each cocktail rye bread slice with a cucumber slice.

Nutrition Facts



Properties

Glycemic Index:7.82, Glycemic Load:6.81, Inflammation Score:-2, Nutrition Score:5.4647826092399%

Nutrients (% of daily need)

Calories: 185.44kcal (9.27%), Fat: 12.48g (19.2%), Saturated Fat: 1.98g (12.36%), Carbohydrates: 15.28g (5.09%), Net Carbohydrates: 13.39g (4.87%), Sugar: 1.67g (1.85%), Cholesterol: 6.27mg (2.09%), Sodium: 290.71mg (12.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.67%), Vitamin K: 26.89µg (25.6%), Selenium: 9.73µg (13.91%), Manganese: 0.27mg (13.26%), Vitamin B1: 0.14mg (9.28%), Folate: 36.81µg (9.2%), Fiber: 1.89g (7.58%), Vitamin B2: 0.11mg (6.42%), Vitamin B3: 1.16mg (5.79%), Iron: 0.93mg (5.19%), Phosphorus: 45.33mg (4.53%), Vitamin E: 0.62mg (4.16%), Copper: 0.07mg (3.68%), Magnesium: 14.71mg (3.68%), Zinc: 0.4mg (2.68%), Calcium: 26.24mg (2.62%), Potassium: 81.5mg (2.33%), Vitamin B5: 0.21mg (2.07%), Vitamin B6: 0.03mg (1.75%)