



Kalamata-Cucumber Party Sandwiches

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 small cucumber
- 1 garlic clove minced
- 6 kalamata olives pitted chopped
- 12 slices pumpernickel bread party-style

Equipment

Directions

- Cut ends from cucumber; score cucumber with a fork, leaving alternating strips of green and white. Slice very thinly.
- Combine cream cheese, olives, and garlic; spread evenly on bread. Arrange 2 slices cucumber over olive spread.

Nutrition Facts



Properties

Glycemic Index:8.42, Glycemic Load:7.4, Inflammation Score:-2, Nutrition Score:4.5847826042901%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 84.85kcal (4.24%), Fat: 1.32g (2.03%), Saturated Fat: 0.18g (1.14%), Carbohydrates: 15.64g (5.21%), Net Carbohydrates: 13.4g (4.87%), Sugar: 0.36g (0.41%), Cholesterol: 0mg (0%), Sodium: 222.23mg (9.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.8%), Manganese: 0.43mg (21.57%), Selenium: 7.91µg (11.3%), Fiber: 2.24g (8.97%), Folate: 31.67µg (7.92%), Vitamin B1: 0.11mg (7.31%), Phosphorus: 60.19mg (6.02%), Vitamin B2: 0.1mg (5.96%), Iron: 0.96mg (5.34%), Copper: 0.1mg (5.22%), Vitamin B3: 1mg (5%), Magnesium: 19.14mg (4.79%), Zinc: 0.5mg (3.33%), Vitamin B6: 0.05mg (2.54%), Calcium: 25.1mg (2.51%), Potassium: 86.31mg (2.47%), Vitamin B5: 0.16mg (1.63%), Vitamin E: 0.21mg (1.43%), Vitamin K: 1.24µg (1.18%)