



Mini Cucumber Sushi Rolls



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



24

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 carrots shredded
- ☐ 24 long chives fresh for tying
- ☐ 4 ounce cream cheese softened
- ☐ 1 long cucumber seedless ends trimmed
- ☐ 0.3 cup raisins

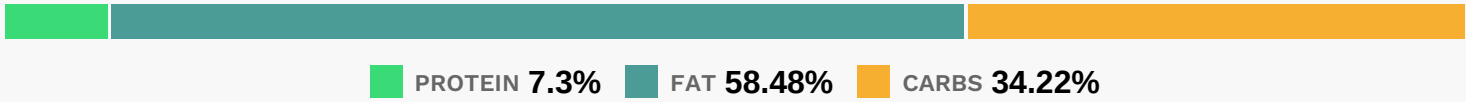
Equipment

- ☐ peeler

Directions

- ☐ With a peeler, slice cucumber into 8 1/8-inch thick slices lengthwise.
- ☐ Cut each slice into 3 pieces crosswise.
- ☐ Place about 1 teaspoon shredded carrot onto the bottom edge of a cucumber slice; place about 1 teaspoon cream cheese onto the carrot, and press 2 or 3 raisins into the cream cheese.
- ☐ Roll the cucumber slice into a little sushi roll, starting at the filled end. Tie roll with a chive to secure. Repeat with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:7.4, Glycemic Load:0.8, Inflammation Score:-4, Nutrition Score:1.3108695764904%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 24.23kcal (1.21%), Fat: 1.66g (2.55%), Saturated Fat: 0.96g (6.03%), Carbohydrates: 2.19g (0.73%), Net Carbohydrates: 1.93g (0.7%), Sugar: 0.53g (0.58%), Cholesterol: 4.77mg (1.59%), Sodium: 17.29mg (0.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.93%), Vitamin A: 544.72IU (10.89%), Vitamin K: 4.61µg (4.39%), Vitamin C: 1.16mg (1.41%), Potassium: 48.17mg (1.38%), Vitamin B2: 0.02mg (1.2%), Manganese: 0.02mg (1.09%), Phosphorus: 10.66mg (1.07%), Fiber: 0.26g (1.05%)