



## Party Cucumber Sandwiches

 Vegetarian

READY IN



10 min.

SERVINGS



5

CALORIES



424 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

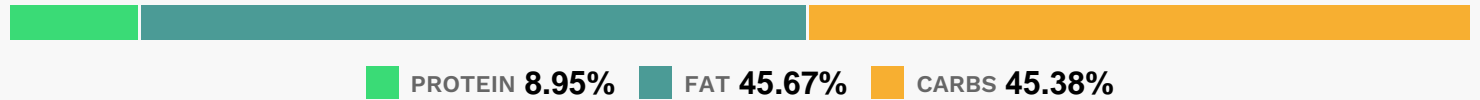
- 3 ounce cream cheese softened
- 1 large cucumber peeled thinly sliced
- 6 tablespoons mayonnaise
- 1 onion halved thinly sliced
- 1 pound cocktail rye bread

### Equipment

## Directions

- Place half of the cocktail rye bread on a clean work surface.
- Spread each slice with cream cheese.
- Place 1 or 2 slices of cucumber on each, and then 1 or 2 slices of onion.
- Spread remaining slices with mayonnaise and place atop onions to complete the sandwiches.

## Nutrition Facts



## Properties

Glycemic Index:34.27, Glycemic Load:21.06, Inflammation Score:-6, Nutrition Score:15.10434781598%

## Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

## Nutrients (% of daily need)

Calories: 424.25kcal (21.21%), Fat: 21.52g (33.11%), Saturated Fat: 5.99g (37.41%), Carbohydrates: 48.12g (16.04%), Net Carbohydrates: 42.09g (15.3%), Sugar: 5.93g (6.59%), Cholesterol: 24.24mg (8.08%), Sodium: 709.12mg (30.83%), Alcohol: 0g (100%), Protein: 9.49g (18.98%), Selenium: 30.05µg (42.92%), Manganese: 0.82mg (40.99%), Vitamin K: 32.95µg (31.38%), Folate: 114.18µg (28.55%), Vitamin B1: 0.43mg (28.45%), Fiber: 6.03g (24.11%), Vitamin B2: 0.37mg (21.54%), Vitamin B3: 3.51mg (17.55%), Iron: 2.79mg (15.5%), Phosphorus: 153.27mg (15.33%), Magnesium: 46.91mg (11.73%), Copper: 0.22mg (11.17%), Calcium: 96.97mg (9.7%), Zinc: 1.28mg (8.51%), Potassium: 284.69mg (8.13%), Vitamin B5: 0.69mg (6.86%), Vitamin E: 1.02mg (6.79%), Vitamin B6: 0.13mg (6.69%), Vitamin A: 286.47IU (5.73%), Vitamin C: 3.78mg (4.59%)