



Roasted Cucumber Sandwiches

READY IN



45 min.

SERVINGS



8

CALORIES



337 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.5 pounds cucumber english
- ☐ 14 inch ciabatta rolls halved
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 2 tablespoons mint leaves fresh finely chopped
- ☐ 1 garlic clove finely chopped
- ☐ 0.8 cup greek yogurt (cheese) or greek-style
- ☐ 1 tablespoon juice of lemon fresh ()
- ☐ 0.8 cup mayonnaise
- ☐ 8 servings olive oil extra virgin extra-virgin

- ☐ 3 tablespoons salt-packed capers rinsed roughly chopped well
- ☐ 8 servings pepper black freshly ground fine
- ☐ 2 tablespoons butter unsalted melted ()

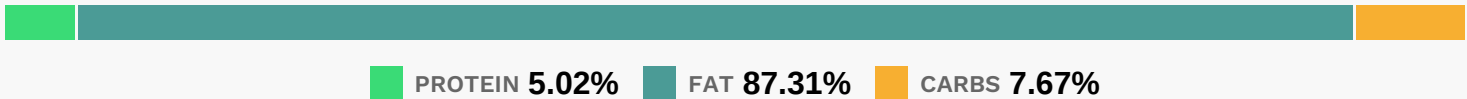
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 400°. If using English cucumbers, split lengthwise and remove seeds (leave other varieties whole). Arrange cucumbers on a parchment paper-lined baking sheet. (If using English cucumbers, arrange cut side down.)
- ☐ Brush with melted butter. Roast cucumbers until crisp-tender, about 15 minutes.
- ☐ Transfer cucumbers to a paper towel-lined plate; chill until cold.
- ☐ Cut Japanese or Persian cucumbers lengthwise in half.
- ☐ Cut hothouse cucumber halves lengthwise in half. Slice crosswise into 1/4 inch-thick pieces.
- ☐ Whisk labneh and next 5 ingredients in a large bowl. Stir in sliced cucumbers and 1 tablespoon lemon juice. Seasonfilling to taste with salt, pepper, and more lemon juice, if desired.
- ☐ Brush cut sides of focaccia or rolls with olive oil; place on a baking sheet and toast in a 400° oven until just crispy and lightly browned, 3-5 minutes. Divide filling among focaccia bottoms, cover with tops, and cut each into 4 sandwiches (or divide filling among rolls).
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:0.43, Inflammation Score:-4, Nutrition Score:7.8578261318414%

Flavonoids

Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.23mg, Apigenin: 2.23mg, Apigenin: 2.23mg, Apigenin: 2.23mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 337.49kcal (16.87%), Fat: 33g (50.77%), Saturated Fat: 6.25g (39.06%), Carbohydrates: 6.52g (2.17%), Net Carbohydrates: 5.3g (1.93%), Sugar: 2.75g (3.06%), Cholesterol: 17.28mg (5.76%), Sodium: 588.31mg (25.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.54%), Vitamin K: 69.68µg (66.36%), Vitamin E: 2.84mg (18.95%), Vitamin C: 7.11mg (8.61%), Manganese: 0.14mg (7.12%), Potassium: 241.81mg (6.91%), Vitamin A: 341.96IU (6.84%), Folate: 25.66µg (6.42%), Phosphorus: 62.89mg (6.29%), Copper: 0.12mg (5.84%), Vitamin B2: 0.1mg (5.79%), Magnesium: 21.23mg (5.31%), Calcium: 48.97mg (4.9%), Fiber: 1.21g (4.85%), Vitamin B6: 0.09mg (4.72%), Vitamin B5: 0.46mg (4.57%), Selenium: 2.58µg (3.68%), Vitamin B1: 0.05mg (3.57%), Iron: 0.59mg (3.28%), Zinc: 0.41mg (2.71%), Vitamin B12: 0.16µg (2.71%)