



Summer Time Cucumber Sandwiches

 Vegetarian

READY IN



80 min.

SERVINGS



15

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce cream cheese softened
- 1 large cucumber peeled sliced
- 1 teaspoon dill weed dried
- 0.5 cup mayonnaise
- 1 ounce ranch dressing mix
- 15 slices cocktail rye bread

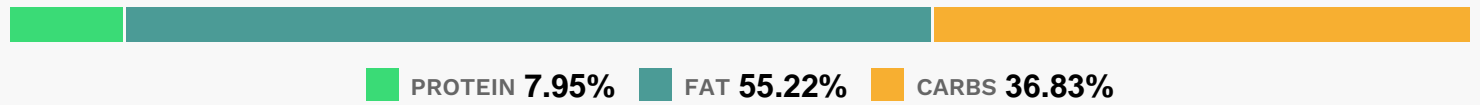
Equipment

- bowl

Directions

- Mash cream cheese, mayonnaise, and ranch dressing mix together in a bowl with a fork until smooth; chill for at least 1 hour to blend flavors.
- About 10 minutes before serving, remove cream cheese mixture from refrigerator and let stand to soften.
- Spread about 1 tablespoon of the cream cheese mixture evenly onto each slice of cocktail rye bread, top each with a cucumber slice, and sprinkle with dill.

Nutrition Facts



Properties

Glycemic Index:9.62, Glycemic Load:7.4, Inflammation Score:-3, Nutrition Score:5.7152173820397%

Nutrients (% of daily need)

Calories: 194.24kcal (9.71%), Fat: 11.88g (18.27%), Saturated Fat: 4.13g (25.82%), Carbohydrates: 17.82g (5.94%), Net Carbohydrates: 15.83g (5.76%), Sugar: 2.1g (2.33%), Cholesterol: 18.41mg (6.14%), Sodium: 430.11mg (18.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.69%), Selenium: 11.38µg (16.26%), Manganese: 0.28mg (14.11%), Vitamin K: 14.22µg (13.54%), Vitamin B1: 0.15mg (9.94%), Folate: 39.55µg (9.89%), Vitamin B2: 0.15mg (8.72%), Fiber: 2g (7.98%), Phosphorus: 62.03mg (6.2%), Vitamin B3: 1.24mg (6.19%), Iron: 1.01mg (5.62%), Vitamin A: 227.49IU (4.55%), Calcium: 42.43mg (4.24%), Magnesium: 16.78mg (4.19%), Copper: 0.08mg (3.86%), Vitamin E: 0.49mg (3.24%), Zinc: 0.49mg (3.24%), Potassium: 102.16mg (2.92%), Vitamin B5: 0.28mg (2.85%), Vitamin B6: 0.04mg (2.19%)