

Cucumber Sandwich

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/cucumber-sandwich-recipe-with-italian-seasoning>

Ingredients:

- 4 ounces low fat cream cheese
- 2 tablespoons Greek yogurt
- 1 tablespoon lemon juice
- 1 tablespoon fresh dill minced
- 1/4 teaspoon black pepper
- 4 slices whole wheat sandwich bread
- 1 cucumber small or 1/2 big, thinly sliced

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 15 milligrams
4. Fat: 5 grams
5. Fiber: 2 grams
6. Protein: 6 grams
7. SaturatedFat: 3 grams
8. Sodium: 270 milligrams
9. Sugar: 5 grams

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