



July 2- Dill Cucumber Sandwiches

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1379332>

Recipe

Ingredients:

- 4 small slices rye bread
- 2 Tablespoons fat-free cream cheese
- 2 Tablespoon dill
- 1 cucumber

Directions:

1. Mix cream cheese and dill together until well combined.
2. Spread mixture thinly over bread slices.
3. Cut cucumber in very thin slices and place on top of cream cheese mixture.

Yield 4 servings

Nutrition Facts

Serving Size 1 slice (115.03g)
Servings Per Container 4

Amount Per Serving

Calories 100 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **1%**

Trans Fat

Cholesterol 0mg **0%**

Sodium 250mg **10%**

Total Carbohydrate 19g **6%**

Dietary Fiber 2g **9%**

Sugars 3g

Protein 4g **9%**

Vitamin A 2% • Vitamin C 4%

Calcium 6% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.