

# Cucumber Canape's

*What's Cooking II*

*North American Institute of Modern Cuisine*

## Servings: 24

*1/2 cucumber  
1/2 cup cream cheese, softened  
2 dashes Worcestershire sauce  
3/4 teaspoon chives  
salt and pepper  
6 bread slices, toasted  
24 sprigs fresh dill*

Set aside twelve thin slices of cucumber. Peel the remainder. Remove the seeds. Mash. Mix with the cheese and seasonings. Spread the mixture on the toast. Cut into canape's.

Garnish each canape' with a half-slice of cucumber and a dill sprig.

*ASSEMBLING CANAPE'S:  
Preheat the oven to BROIL. Lightly butter the bread slices. Toast in the oven for two minutes or so per side. Add the topping. Remove the crusts to make straight, even sides. Cut each toast slice into four small, equal triangles.*

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Per Serving (excluding unknown items): 37 Calories; 2g Fat (47.2% calories from fat); 1g Protein; 4g Carbohydrate; trace Dietary Fiber; 5mg Cholesterol; 54mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	37
% Calories from Fat:	47.2%
% Calories from Carbohydrates:	40.4%
% Calories from Protein:	12.3%
Total Fat (g):	2g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	5mg
Carbohydrate (g):	4g
Dietary Fiber (g):	trace
Protein (g):	1g
Sodium (mg):	54mg
Potassium (mg):	79mg
Calcium (mg):	29mg
Iron (mg):	1mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	16mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2

Zinc (mg): trace  
Vitamin C (mg): 8mg  
Vitamin A (i.u.): 757IU  
Vitamin A (r.e.): 89 1/2RE

Other Carbohydrates: 0

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## Nutrition Facts

Servings per Recipe: 24

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### Amount Per Serving

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**Calories** 37                      **Calories from Fat:** 18

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**% Daily Values\***

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<b>Total Fat</b> 2g	3%
Saturated Fat 1g	6%
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 54mg	2%
<b>Total Carbohydrates</b> 4g	1%
Dietary Fiber trace	1%
<b>Protein</b> 1g	

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<b>Vitamin A</b>	15%
<b>Vitamin C</b>	13%
<b>Calcium</b>	3%
<b>Iron</b>	5%

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\* Percent Daily Values are based on a 2000 calorie diet.