

CUCUMBER SANDWICH SNACKER

Cucumber Sandwich Snacker

Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 1 cucumber sandwich

Nutrition (per serving)

Calories: 130	Total Carbohydrate:
Total Fat: 8.1 g	Dietary Fiber: 0.3 g
Saturated Fat: 4.7 g	Protein: 11.4 g
Sodium: 163 mg	

Ingredients

- 1 cucumber
- Spreadable cream cheese or Swiss cheese slices
- Sliced turkey
- Cherry tomatoes

Directions

1. Slice the cucumber in rounds.
2. Add cheese and turkey to one cucumber slice.
3. Top with a second cucumber slice.
4. Top with a cherry tomato, using a toothpick.