



# EVERYTHING CREAMY AVOCADO CUCUMBER BITES

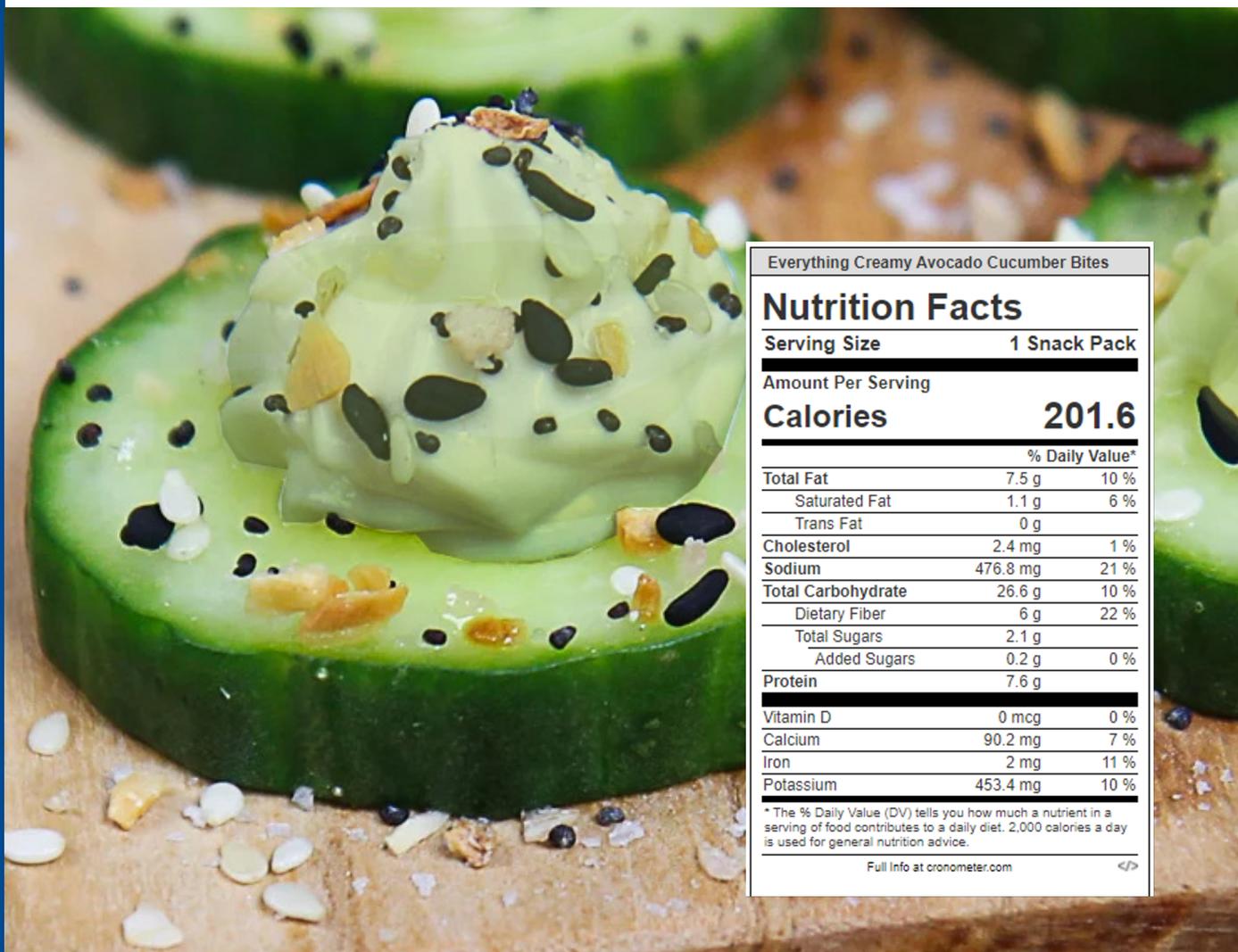
## INGREDIENTS

- 1 cup cucumber slices
- 2 tbsp whipped cream cheese
- 2 tbsp mashed avocado
- 1/4 tsp Everything Bagel seasoning
- 6 whole grain crackers



## DIRECTIONS

Mix whipped cream cheese, mashed avocado and everything bagel seasoning together. Serve with cucumber slices and whole grain crackers. Enjoy!



Everything Creamy Avocado Cucumber Bites

### Nutrition Facts

Serving Size 1 Snack Pack

Amount Per Serving

**Calories 201.6**

% Daily Value\*

Total Fat 7.5 g 10 %

Saturated Fat 1.1 g 6 %

Trans Fat 0 g

Cholesterol 2.4 mg 1 %

Sodium 476.8 mg 21 %

Total Carbohydrate 26.6 g 10 %

Dietary Fiber 6 g 22 %

Total Sugars 2.1 g

Added Sugars 0.2 g 0 %

Protein 7.6 g

Vitamin D 0 mcg 0 %

Calcium 90.2 mg 7 %

Iron 2 mg 11 %

Potassium 453.4 mg 10 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full info at [cronometer.com](http://cronometer.com)

