



Antipasto Kabobs



Vegetarian



Gluten Free

READY IN



135 min.

SERVINGS



20

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon sugar
- ☐ 0.3 teaspoon salt
- ☐ 1 clove garlic chopped
- ☐ 0.5 cup balsamic vinegar
- ☐ 0.3 cup vegetable oil
- ☐ 2 teaspoons dijon mustard
- ☐ 10 inch mozzarella cheese (3 oz)
- ☐ 10 grape tomatoes cut in half

- ☐ 20 small olives pitted ripe
- ☐ 1 leaves basil

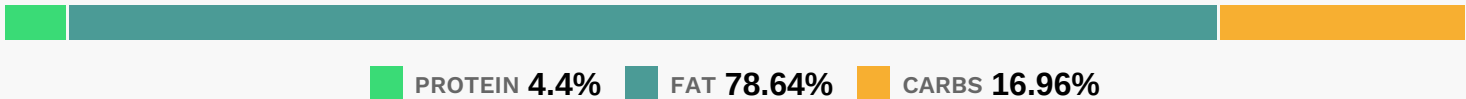
Equipment

- ☐ bowl
- ☐ toothpicks
- ☐ ziploc bags
- ☐ skewers
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ In medium nonmetal bowl or resealable food storage plastic bag, mix sugar, salt, garlic, vinegar, oil and mustard.
- ☐ Add cheese, tomatoes and olives. Cover and refrigerate at least 2 hours to marinate.
- ☐ With slotted spoon or tongs, remove cheese, tomatoes and olives from marinade. On each of 20 decorative toothpicks or bamboo skewers, alternate cheese, tomatoes, olives and basil.
- ☐ Serve immediately or refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:15.85, Glycemic Load:0.72, Inflammation Score:-1, Nutrition Score:0.98130433577234%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 41.76kcal (2.09%), Fat: 3.66g (5.62%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 1.77g (0.59%), Net Carbohydrates: 1.52g (0.55%), Sugar: 1.32g (1.47%), Cholesterol: 1mg (0.33%), Sodium: 106.85mg (4.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.92%), Vitamin K: 5.88µg (5.6%), Vitamin E: 0.43mg (2.84%), Vitamin A: 96.8IU (1.94%), Vitamin C: 1.22mg (1.48%), Calcium: 11.71mg (1.17%), Manganese: 0.02mg (1.17%), Fiber: 0.26g (1.04%)