

Antipasto Skewers

READY IN



35 min.

SERVINGS



24

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 10 ounces havarti cheese cubed
- ☐ 3 tablespoons olive oil
- ☐ 6 slices cocktail rye bread quartered
- ☐ 24 servings salt and pepper to taste
- ☐ 6 ounce mushroom caps drained

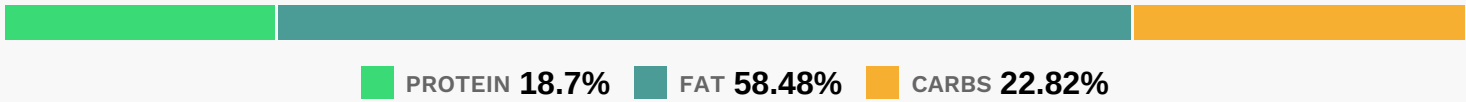
Equipment

- ☐ bowl
- ☐ toothpicks
- ☐ skewers

Directions

- ☐ Mix garlic, olive oil, parsley, salt, and pepper together in a medium bowl. Toss in mushrooms, and allow to marinate for 20 minutes.
- ☐ Thread one piece each, bread, mushroom, and havarti onto cocktail toothpicks or small skewers. Arrange on a platter, drizzle with remaining marinade, and serve.

Nutrition Facts



Properties

Glycemic Index:6.1, Glycemic Load:1.9, Inflammation Score:-1, Nutrition Score:3.0643478631973%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 79.35kcal (3.97%), Fat: 5.22g (8.03%), Saturated Fat: 2.34g (14.6%), Carbohydrates: 4.58g (1.53%), Net Carbohydrates: 3.93g (1.43%), Sugar: 0.48g (0.53%), Cholesterol: 10.39mg (3.46%), Sodium: 332.02mg (14.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.51%), Phosphorus: 81.02mg (8.1%), Calcium: 78.5mg (7.85%), Selenium: 3.92µg (5.59%), Vitamin B2: 0.08mg (4.8%), Manganese: 0.09mg (4.71%), Zinc: 0.64mg (4.28%), Folate: 17.07µg (4.27%), Vitamin K: 3.89µg (3.7%), Vitamin B3: 0.59mg (2.97%), Vitamin B1: 0.04mg (2.82%), Vitamin B12: 0.16µg (2.72%), Fiber: 0.65g (2.61%), Vitamin E: 0.36mg (2.4%), Vitamin A: 108.29IU (2.17%), Vitamin B6: 0.04mg (2.03%), Magnesium: 7.95mg (1.99%), Vitamin B5: 0.18mg (1.84%), Copper: 0.04mg (1.81%), Iron: 0.3mg (1.67%), Potassium: 44.74mg (1.28%)