



Broiled Cherry Tomato Skewers with Basil Dressing



Vegetarian



Gluten Free

READY IN



27 min.

SERVINGS



25

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pint cherry tomatoes
- ☐ 1 cup basil leaves fresh loosely packed
- ☐ 0.5 pound mozzarella cheese fresh cubed
- ☐ 1 clove garlic finely chopped
- ☐ 0.3 cup mayonnaise dressing with olive oil best foods®
- ☐ 1 tablespoon red wine vinegar
- ☐ 2 tablespoons water

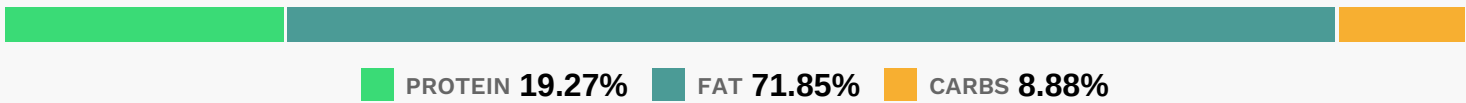
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ baking paper
- ☐ blender
- ☐ aluminum foil
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Process basil, Hellmann's or Best Foods Mayonnaise Dressing with Olive Oil, water, vinegar and garlic in blender or food processor until smooth; set aside.
- ☐ Toss cherry tomatoes with 1 tablespoon basil dressing. Skewer 2 tomatoes on each skewer* and arrange on baking sheet lined with parchment paper or aluminum foil. Broil tomatoes, turning once, until slightly charred and tender, about 2 minutes.
- ☐ Remove to serving platter, then add cheese to each skewer.
- ☐ Drizzle with remaining dressing.
- ☐ *If using wooden skewers, soak at least 30 minutes prior to use.

Nutrition Facts



Properties

Glycemic Index:7.08, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:2.1204347778922%

Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 46.37kcal (2.32%), Fat: 3.73g (5.74%), Saturated Fat: 1.46g (9.12%), Carbohydrates: 1.04g (0.35%), Net Carbohydrates: 0.89g (0.32%), Sugar: 0.58g (0.65%), Cholesterol: 8.11mg (2.7%), Sodium: 73.35mg (3.19%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.5%), Vitamin K: 8.38µg (7.98%), Vitamin C: 4.53mg (5.49%), Calcium: 50.06mg (5.01%), Vitamin A: 205.99IU (4.12%), Phosphorus: 38.65mg (3.87%), Vitamin B12: 0.21µg (3.49%), Selenium: 1.71µg (2.44%), Zinc: 0.3mg (2.03%), Vitamin B2: 0.03mg (1.83%), Manganese: 0.04mg (1.8%), Potassium: 52.15mg (1.49%), Vitamin E: 0.2mg (1.36%), Iron: 0.21mg (1.16%), Vitamin B6: 0.02mg (1.07%), Magnesium: 4.22mg (1.06%)