



Caprese Salad Skewers

 Vegetarian

READY IN



60 min.

SERVINGS



15

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter melted
- 2 cups cherry tomatoes red
- 0.5 teaspoon basil dried
- 0.5 teaspoon dill dried
- 1 large bunch basil fresh
- 1 clove garlic crushed
- 3 lb mozzarella cheese cut into 3/4- to 1-inch cubes
- 15 servings pepper freshly ground

- 1 can bread crumbs refrigerated french pillsbury® simply®
- 2 cups and/or cherry tomatoes yellow
- 15 frangelico
- 15 frangelico

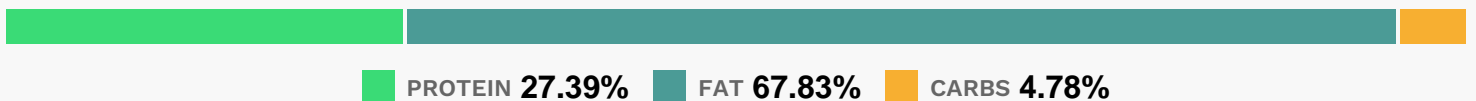
Equipment

- bowl
- baking sheet
- baking paper
- oven
- wire rack
- skewers

Directions

- Bake bread as directed on can. Cool about 10 minutes.
- Meanwhile, line cookie sheet with cooking parchment paper; set aside. In medium bowl, stir together melted butter, garlic, basil, dill and pepper.
- Cut bread into 3/4- to 1-inch cubes; place in bowl with butter mixture. Toss bread cubes to coat.
- Place in single layer on cookie sheet.
- Bake 20 to 25 minutes, turning croutons every 5 minutes, until lightly browned and crisp.
- Remove from cookie sheet to plate or cooling rack; cool.
- On each wooden skewer, thread cheese cubes, tomatoes, basil leaves and croutons.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.93, Glycemic Load:0.57, Inflammation Score:-5, Nutrition Score:10.581739197607%

Flavonoids

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: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 299.99kcal (15%), Fat: 22.65g (34.85%), Saturated Fat: 13.4g (83.73%), Carbohydrates: 3.59g (1.2%), Net Carbohydrates: 3.26g (1.18%), Sugar: 1.46g (1.62%), Cholesterol: 77.69mg (25.9%), Sodium: 593.98mg (25.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.58g (41.16%), Calcium: 466.26mg (46.63%), Vitamin B12: 2.07µg (34.55%), Phosphorus: 335.59mg (33.56%), Selenium: 15.66µg (22.38%), Zinc: 2.75mg (18.31%), Vitamin A: 811.27IU (16.23%), Vitamin B2: 0.27mg (16.04%), Vitamin C: 6.49mg (7.87%), Magnesium: 23.33mg (5.83%), Vitamin K: 5.79µg (5.51%), Manganese: 0.1mg (4.94%), Potassium: 170.01mg (4.86%), Iron: 0.71mg (3.94%), Folate: 15.51µg (3.88%), Vitamin B6: 0.07mg (3.25%), Vitamin B1: 0.04mg (2.91%), Copper: 0.05mg (2.49%), Vitamin D: 0.36µg (2.42%), Vitamin E: 0.36mg (2.38%), Vitamin B3: 0.45mg (2.24%), Vitamin B5: 0.18mg (1.82%), Fiber: 0.34g (1.34%)