



Caprese Skewer

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



30

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound baby mozzarella balls fresh (mozzarella)
- 1 bunch basil fresh
- 2 pints grape tomatoes
- 30 servings ground pepper black
- 30 servings olive oil extra-virgin
- 30 servings sea salt

Equipment

- skewers

Directions

- Thread ingredients onto skewers in this order: cherry tomato, fresh basil leaf, bocconcini, fresh basil leaf, and grape tomato.
- Sprinkle each skewer with sea salt and black pepper; drizzle with olive oil.

Nutrition Facts

PROTEIN 8.19% **FAT 88.15%** **CARBS 3.66%**

Properties

Glycemic Index:5.57, Glycemic Load:0.43, Inflammation Score:-3, Nutrition Score:3.7752173685509%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 175.11kcal (8.76%), Fat: 17.45g (26.84%), Saturated Fat: 3.93g (24.57%), Carbohydrates: 1.63g (0.54%), Net Carbohydrates: 1.22g (0.44%), Sugar: 0.99g (1.1%), Cholesterol: 11.94mg (3.98%), Sodium: 290.48mg (12.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.3%), Vitamin E: 2.22mg (14.79%), Vitamin K: 12.54µg (11.94%), Calcium: 80.68mg (8.07%), Vitamin A: 379.59IU (7.59%), Phosphorus: 61.4mg (6.14%), Vitamin B12: 0.34µg (5.75%), Vitamin C: 4.37mg (5.3%), Selenium: 2.58µg (3.68%), Zinc: 0.5mg (3.33%), Vitamin B2: 0.05mg (2.89%), Manganese: 0.06mg (2.84%), Potassium: 88.55mg (2.53%), Magnesium: 6.84mg (1.71%), Fiber: 0.41g (1.63%), Vitamin B6: 0.03mg (1.58%), Folate: 5.99µg (1.5%), Iron: 0.25mg (1.39%), Copper: 0.02mg (1.14%), Vitamin B1: 0.02mg (1.09%), Vitamin B3: 0.21mg (1.03%)