



Caprese Skewers



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 30 cherry tomatoes
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 30 basil leaves fresh
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 ounces part-skim mozzarella cheese cut into 30 (1/2-inch) cubes

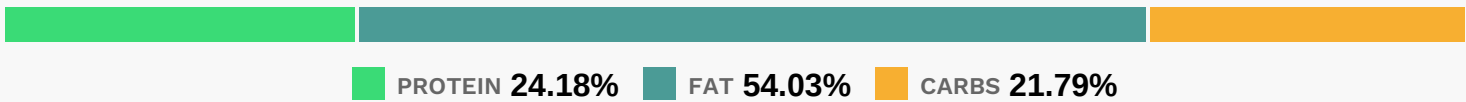
Equipment

- ☐ bowl
- ☐ whisk
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Thread tomatoes, basil leaves, and mozzarella cheese cubes alternately onto 10 (6-inch) wooden skewers.
- ☐ Place skewers on a serving platter.
- ☐ Combine vinegar and oil in a small bowl; stir well with a whisk.
- ☐ Drizzle vinegar mixture evenly over skewers, and sprinkle with salt and pepper.
- ☐ Serve immediately, or cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:15.2, Glycemic Load:0.29, Inflammation Score:-3, Nutrition Score:3.6156521510819%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 53.58kcal (2.68%), Fat: 3.27g (5.03%), Saturated Fat: 1.35g (8.43%), Carbohydrates: 2.97g (0.99%), Net Carbohydrates: 2.58g (0.94%), Sugar: 1.88g (2.09%), Cholesterol: 7.26mg (2.42%), Sodium: 192.9mg (8.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.59%), Vitamin C: 11.84mg (14.36%), Calcium: 97.58mg (9.76%), Vitamin A: 367.51IU (7.35%), Vitamin K: 7.51µg (7.16%), Phosphorus: 68.14mg (6.81%), Manganese: 0.08mg (3.97%), Potassium: 128.53mg (3.67%), Vitamin E: 0.51mg (3.42%), Vitamin B2: 0.05mg (2.74%), Selenium: 1.89µg (2.71%), Zinc: 0.4mg (2.65%), Vitamin B6: 0.05mg (2.51%), Iron: 0.45mg (2.48%), Copper: 0.05mg (2.36%), Folate: 8.48µg (2.12%), Magnesium: 8.44mg (2.11%), Fiber: 0.39g (1.56%), Vitamin B12: 0.09µg (1.55%), Vitamin B3: 0.29mg (1.47%), Vitamin B1: 0.02mg (1.39%)