



Cheese Tray with Olive Rosemary Skewers

READY IN



45 min.

SERVINGS



24

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 7 ounces edam cheese
- 48 pimiento stuffed olives assorted pitted drained
- 24 sprigs rosemary
- 1 serving round buttery crackers assorted
- 1.5 pounds frangelico assorted

Equipment

Directions

- Remove paper and wax from cheese round.
- Place cheese round on center of 12- to 14-inch platter. Thread 2 to 4 olives on each rosemary sprig. Insert sprigs into cheese round.
- Cut assorted cheeses into slices and shapes, such as triangles, squares, cubes and sticks; arrange around cheese round.
- Serve with crackers.

Nutrition Facts

PROTEIN 19.27% **FAT 72.73%** **CARBS 8%**

Properties

Glycemic Index:4.04, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.3786956489734%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Nutrients (% of daily need)

Calories: 44.73kcal (2.24%), Fat: 3.69g (5.68%), Saturated Fat: 1.66g (10.37%), Carbohydrates: 0.91g (0.3%), Net Carbohydrates: 0.59g (0.21%), Sugar: 0.22g (0.24%), Cholesterol: 7.36mg (2.45%), Sodium: 210.52mg (9.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.4%), Calcium: 66.91mg (6.69%), Phosphorus: 46.53mg (4.65%), Vitamin E: 0.35mg (2.32%), Zinc: 0.32mg (2.14%), Vitamin B12: 0.13µg (2.12%), Vitamin A: 102.78IU (2.06%), Vitamin B2: 0.03mg (2.05%), Selenium: 1.31µg (1.87%), Fiber: 0.32g (1.29%)