



Cheese Tray with Olive Rosemary Skewers

READY IN



45 min.

SERVINGS



24

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

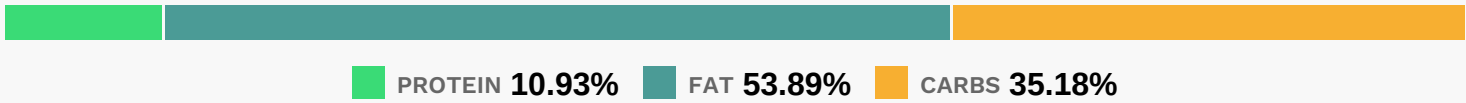
- ☐ 24 servings round buttery crackers assorted
- ☐ 7 ounces edam cheese
- ☐ 48 pimiento stuffed olives assorted pitted drained
- ☐ 24 sprigs rosemary
- ☐ 1.5 pounds frangelico assorted
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Equipment

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



Properties

Glycemic Index:4.04, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:3.3360869382387%

Flavonoids

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

Nutrients (% of daily need)

Calories: 120.17kcal (6.01%), Fat: 7.25g (11.16%), Saturated Fat: 2.49g (15.59%), Carbohydrates: 10.65g (3.55%), Net Carbohydrates: 9.98g (3.63%), Sugar: 1.46g (1.63%), Cholesterol: 7.36mg (2.45%), Sodium: 345.76mg (15.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.62%), Calcium: 90.52mg (9.05%), Phosphorus: 88.39mg (8.84%), Vitamin K: 8.3µg (7.91%), Vitamin E: 0.88mg (5.89%), Vitamin B1: 0.08mg (5.06%), Iron: 0.82mg (4.56%), Manganese: 0.09mg (4.46%), Vitamin B2: 0.08mg (4.44%), Vitamin B3: 0.81mg (4.04%), Folate: 13.39µg (3.35%), Selenium: 2.01µg (2.87%), Zinc: 0.41mg (2.76%), Fiber: 0.67g (2.7%), Vitamin B12: 0.13µg (2.12%), Vitamin A: 102.78IU (2.06%), Magnesium: 6.62mg (1.66%), Copper: 0.03mg (1.65%), Potassium: 38.9mg (1.11%), Vitamin B6: 0.02mg (1.01%)