



Cherry Tomato-Halloumi Skewers

 Gluten Free

READY IN



15 min.

SERVINGS



100

CALORIES



11 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon dijon mustard
- ☐ 0.5 teaspoon garlic minced
- ☐ 1 pint grape tomatoes
- ☐ 8 oz halloumi cheese cut into 16 cubes
- ☐ 2 teaspoons juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon oregano fresh finely chopped
- ☐ 1.5 teaspoons red wine vinegar

☐ 1 pinch salt and pepper

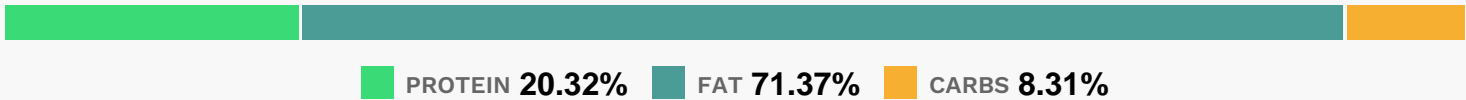
Equipment

- ☐ whisk
- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ If using wooden skewers, soak 8 in warm water for 30 minutes.
- ☐ Whisk garlic, mustard, salt, pepper, juice and vinegar. Slowly whisk in olive oil until emulsified. Stir in oregano.
- ☐ Preheat a grill to medium-high.
- ☐ Place 2 tomatoes on each skewer, piercing crosswise, followed by a cube of Halloumi. Continue alternating tomatoes and Halloumi until each skewer has 5 or 6 tomatoes and 2 cubes of Halloumi.
- ☐ Whisk vinaigrette and lightly brush onto skewers. Oil grill. Grill skewers, watching closely, until cheese is lightly browned and tomatoes are beginning to soften, about 3 minutes, turning halfway through.
- ☐ Transfer to a platter and drizzle with remaining vinaigrette.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:1.05, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:0.31608695115732%

Flavonoids

Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 10.57kcal (0.53%), Fat: 0.85g (1.31%), Saturated Fat: 0.43g (2.66%), Carbohydrates: 0.22g (0.07%), Net Carbohydrates: 0.16g (0.06%), Sugar: 0.14g (0.15%), Cholesterol: 0mg (0%), Sodium: 28.13mg (1.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.09%), Calcium: 23.37mg (2.34%)