



Deli Skewers

READY IN



10 min.

SERVINGS



10

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oz colby & monterey jack cheese cut into 32 cubes kraft ()
- 16 grape tomatoes
- 4 slices oscar mayer baked ham cooked cut into 4 strips
- 16 small olives spanish
- 10 servings ritz crackers
- 4 slices oscar mayer salami hard cut into 4 strips

Equipment

- toothpicks

skewers

Directions

- Wrap 1 ham strip around each of 16 cheese cubes; wrap 1 salami strip around each remaining cheese cube.
- Thread 1 ham roll-up, 1 tomato, 1 salami roll-up and 1 olive onto each of 16 frilled long toothpicks or 5-inch skewers. Arrange on serving plate.
- Serve with crackers.

Nutrition Facts

PROTEIN 16.81% **FAT 57.09%** **CARBS 26.1%**

Properties

Glycemic Index:9.3, Glycemic Load:0.31, Inflammation Score:-3, Nutrition Score:6.0339130940645%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 177.06kcal (8.85%), Fat: 11.28g (17.35%), Saturated Fat: 4.27g (26.71%), Carbohydrates: 11.6g (3.87%), Net Carbohydrates: 10.69g (3.89%), Sugar: 2.11g (2.34%), Cholesterol: 19.88mg (6.63%), Sodium: 524.66mg (22.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.47g (14.94%), Phosphorus: 133.02mg (13.3%), Vitamin B1: 0.18mg (12.31%), Calcium: 116.54mg (11.65%), Vitamin K: 10.52µg (10.02%), Selenium: 5.89µg (8.42%), Vitamin B3: 1.67mg (8.35%), Vitamin B2: 0.13mg (7.58%), Vitamin E: 1.02mg (6.79%), Vitamin A: 338.93IU (6.78%), Manganese: 0.12mg (6.14%), Zinc: 0.9mg (5.98%), Iron: 1.05mg (5.81%), Vitamin B6: 0.1mg (5.23%), Folate: 18.24µg (4.56%), Vitamin C: 3.73mg (4.52%), Vitamin B12: 0.27µg (4.44%), Potassium: 141.02mg (4.03%), Fiber: 0.91g (3.62%), Magnesium: 12.72mg (3.18%), Copper: 0.06mg (3.11%), Vitamin B5: 0.2mg (1.98%)