



Easy Pickle Stacks

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz philadelphia cream cheese cut into 32 small cubes
- 3 slices clausen garlic pickle wholes hearty
- 2 plum tomatoes seeded cut into 16 pieces
- 0.5 lb shrimp cleaned cooked

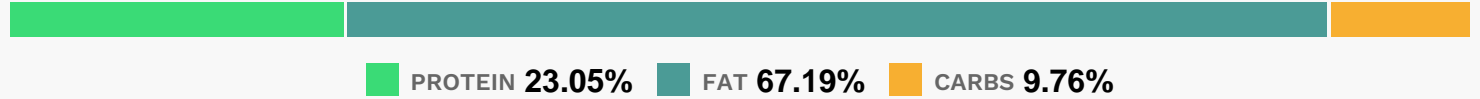
Equipment

- toothpicks

Directions

- Top each pickle slice with 1 cream cheese cube, 1 shrimp and 1 tomato piece. (Enjoy remaining pickle slice for snacking.)
- Pierce each stack with toothpick. Arrange on serving platter.

Nutrition Facts



Properties

Glycemic Index:3.25, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:1.7186956366767%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg 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: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 53.23kcal (2.66%), Fat: 4.07g (6.26%), Saturated Fat: 2.32g (14.51%), Carbohydrates: 1.33g (0.44%), Net Carbohydrates: 1.02g (0.37%), Sugar: 0.89g (0.99%), Cholesterol: 29.71mg (9.9%), Sodium: 237.27mg (10.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.29%), Vitamin A: 246.49IU (4.93%), Vitamin K: 4.63µg (4.41%), Phosphorus: 41.61mg (4.16%), Calcium: 31.43mg (3.14%), Copper: 0.06mg (2.8%), Potassium: 85.64mg (2.45%), Vitamin B2: 0.04mg (2.38%), Magnesium: 7.3mg (1.82%), Zinc: 0.24mg (1.63%), Vitamin C: 1.34mg (1.62%), Selenium: 0.98µg (1.39%), Fiber: 0.31g (1.23%), Manganese: 0.02mg (1.15%), Vitamin B1: 0.02mg (1.06%), Vitamin E: 0.16mg (1.06%)