



Easy Summer Appetizer Board

 Dairy Free

READY IN



240 min.

SERVINGS



8

CALORIES



299 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 servings round buttery crackers
- ☐ 8 ounces country ham thinly sliced
- ☐ 16 oz okra chilled drained
- ☐ 1.5 cups pecans salted toasted
- ☐ 0.3 cup coarse mustard whole

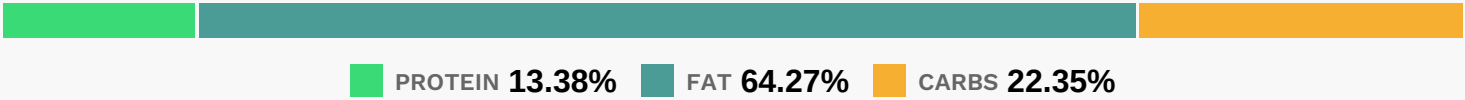
Equipment

- ☐ bowl

Directions

- ☐ Arrange all ingredients in small bowls on a large wooden board.
- ☐ Total time includes pimienta cheese and peaches.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.88, Inflammation Score:-6, Nutrition Score:15.216086942217%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Quercetin: 11.89mg, Quercetin: 11.89mg, Quercetin: 11.89mg, Quercetin: 11.89mg

Nutrients (% of daily need)

Calories: 299.33kcal (14.97%), Fat: 22.2g (34.16%), Saturated Fat: 3.75g (23.43%), Carbohydrates: 17.38g (5.79%), Net Carbohydrates: 13.08g (4.76%), Sugar: 2.99g (3.32%), Cholesterol: 17.58mg (5.86%), Sodium: 567.19mg (24.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.4g (20.8%), Manganese: 1.4mg (70.25%), Vitamin B1: 0.49mg (32.78%), Vitamin K: 26.51µg (25.25%), Phosphorus: 198.76mg (19.88%), Fiber: 4.3g (17.2%), Magnesium: 66.94mg (16.74%), Copper: 0.33mg (16.68%), Vitamin C: 13.28mg (16.09%), Selenium: 10.92µg (15.6%), Vitamin B3: 2.87mg (14.37%), Vitamin B6: 0.28mg (14.18%), Zinc: 1.97mg (13.17%), Folate: 51.02µg (12.75%), Iron: 1.91mg (10.59%), Potassium: 357.43mg (10.21%), Vitamin B2: 0.17mg (9.9%), Calcium: 91.01mg (9.1%), Vitamin A: 421.88IU (8.44%), Vitamin E: 1.1mg (7.34%), Vitamin B5: 0.51mg (5.11%), Vitamin B12: 0.18µg (3.02%), Vitamin D: 0.2µg (1.32%)