



Eyes-of-Newt



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



48

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 oz mozzarella cheese fresh (cherry-size balls) (2 cups)
- ☐ 12 baby carrots cut into 1/2-inch slices
- ☐ 0.3 cup olive oil light
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 tablespoon vinegar white
- ☐ 0.3 teaspoon salt
- ☐ 1 clove garlic finely chopped

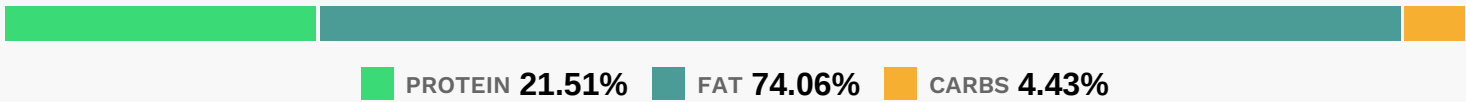
Equipment

☐ bowl

Directions

- ☐ Make small cut in center of each cheese ball; insert carrot slice.
- ☐ In medium bowl, mix remaining ingredients. Stir in stuffed cheese balls.
- ☐ Cover and refrigerate 1 to 2 hours to blend flavors. Stir after 30 minutes.

Nutrition Facts



Properties

Glycemic Index:3.69, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:1.4169565316128%

Nutrients (% of daily need)

Calories: 39.34kcal (1.97%), Fat: 3.24g (4.99%), Saturated Fat: 1.4g (8.74%), Carbohydrates: 0.44g (0.15%), Net Carbohydrates: 0.36g (0.13%), Sugar: 0.22g (0.24%), Cholesterol: 7.47mg (2.49%), Sodium: 73.36mg (3.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.24%), Vitamin A: 413.03IU (8.26%), Calcium: 48.82mg (4.88%), Vitamin B12: 0.22µg (3.59%), Phosphorus: 34.31mg (3.43%), Selenium: 1.64µg (2.34%), Zinc: 0.28mg (1.88%), Vitamin B2: 0.03mg (1.63%), Vitamin K: 1.48µg (1.41%), Vitamin E: 0.18mg (1.2%)