



Fresh Tomato-Basil Caprese Kabobs

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



34

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup olive oil extra virgin extra-virgin
- 2 tablespoons juice of lemon
- 0.7 cup basil fresh coarsely chopped
- 0.3 teaspoon salt
- 0.3 teaspoon pepper black freshly ground
- 1 pint cherry tomatoes red
- 1 pint and/or cherry tomatoes yellow
- 2 medium to 3 sized squashes yellow cubed

- 1 lb mozzarella fresh cubed
- 6 inch bamboo skewers
- 1 leaves basil fresh

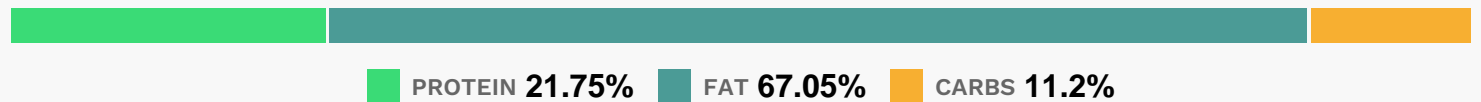
Equipment

- bowl
- whisk
- skewers

Directions

- In large bowl, mix oil, lemon juice, basil, salt and pepper, using wire whisk.
- Add tomatoes, zucchini and cheese. Cover and refrigerate about 30 minutes.
- Drain vegetables, reserving olive oil mixture. Thread skewers alternately with tomatoes, zucchini and cheese; top with basil leaf.
- Serve kabobs with reserved olive oil mixture.

Nutrition Facts



Properties

Glycemic Index:7.74, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:3.0391304648441%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 60.93kcal (3.05%), Fat: 4.65g (7.15%), Saturated Fat: 1.99g (12.42%), Carbohydrates: 1.75g (0.58%), Net Carbohydrates: 1.41g (0.51%), Sugar: 0.77g (0.86%), Cholesterol: 10.54mg (3.51%), Sodium: 105.8mg (4.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.79%), Vitamin C: 6.82mg (8.27%), Calcium: 73.2mg (7.32%), Phosphorus: 60.99mg (6.1%), Vitamin B12: 0.3µg (5.07%), Vitamin A: 207.09IU (4.14%), Vitamin K: 4.04µg (3.84%), Vitamin B2: 0.06mg (3.79%), Selenium: 2.42µg (3.46%), Zinc: 0.49mg (3.26%), Manganese: 0.06mg (3.19%),

Potassium: 109.5mg (3.13%), Folate: 10.78µg (2.7%), Vitamin B6: 0.05mg (2.53%), Vitamin E: 0.35mg (2.36%),
Magnesium: 7.96mg (1.99%), Copper: 0.03mg (1.73%), Iron: 0.29mg (1.61%), Vitamin B3: 0.31mg (1.57%), Vitamin B1:
0.02mg (1.38%), Fiber: 0.34g (1.37%)