



Fresh Vegetable Kabobs with Jalapeño Aioli



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



25

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 tablespoons juice of lime
- ☐ 0.7 cup cilantro leaves finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 teaspoon olive oil extra virgin extra-virgin
- ☐ 1 clove garlic finely chopped
- ☐ 0.7 cup mayonnaise

- ☐ 0.3 cup greek yogurt plain
- ☐ 0.3 cup jalapeno seeded finely chopped
- ☐ 6 inch bamboo skewers
- ☐ 2 cups cherry tomatoes
- ☐ 1 large bell pepper yellow cut into 1-inch squares
- ☐ 1 cucumber english seedless sliced ()
- ☐ 1 lb monterrey jack cheese cut into 1-inch cubes
- ☐ 1 leaves cilantro leaves

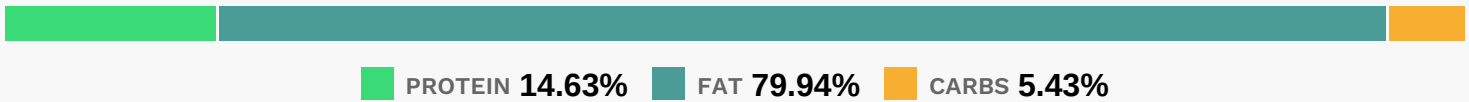
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ skewers

Directions

- ☐ In large bowl, mix Marinade ingredients.
- ☐ Add tomatoes, bell pepper, cucumber and cheese. Cover and refrigerate about 30 minutes.
- ☐ Meanwhile, make Jalapeño Aioli. In 6-inch skillet, heat 1 teaspoon oil over medium-high heat until hot. Cook garlic in oil about 1 minute. In small bowl, mix garlic, mayonnaise, yogurt and jalapeño chile. Refrigerate until ready to serve.
- ☐ Drain vegetables, reserving marinade mixture. Thread skewers alternately with tomato, bell pepper, cucumber and cheese; top with cilantro leaf.
- ☐ Serve with reserved marinade and aioli.

Nutrition Facts



Properties

Glycemic Index:10.68, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:4.6926087089207%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 137.4kcal (6.87%), Fat: 12.35g (19%), Saturated Fat: 4.5g (28.11%), Carbohydrates: 1.89g (0.63%), Net Carbohydrates: 1.62g (0.59%), Sugar: 0.78g (0.87%), Cholesterol: 18.79mg (6.26%), Sodium: 173.09mg (7.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.09g (10.17%), Vitamin C: 18.3mg (22.19%), Vitamin K: 15.54µg (14.8%), Calcium: 143.82mg (14.38%), Phosphorus: 94.44mg (9.44%), Vitamin A: 271.28IU (5.43%), Vitamin B2: 0.09mg (5.28%), Vitamin E: 0.7mg (4.66%), Selenium: 3.18µg (4.54%), Zinc: 0.63mg (4.21%), Vitamin B12: 0.18µg (2.94%), Vitamin B6: 0.05mg (2.53%), Potassium: 86.38mg (2.47%), Magnesium: 9.22mg (2.3%), Folate: 8.75µg (2.19%), Manganese: 0.04mg (2.1%), Iron: 0.32mg (1.8%), Copper: 0.03mg (1.62%), Vitamin B5: 0.12mg (1.25%), Fiber: 0.27g (1.08%)