



Greek Salad Kabobs



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



24

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 slices cucumber english seedless cut in half crosswise ()
- ☐ 2 teaspoons optional: dill fresh chopped
- ☐ 24 fruit cocktail
- ☐ 1 small clove garlic finely chopped
- ☐ 24 small grape tomatoes
- ☐ 2 teaspoons honey
- ☐ 24 kalamata olives pitted
- ☐ 0.8 cup yogurt plain fat free yoplait®

- ☐ 2 teaspoons oregano fresh chopped
- ☐ 0.3 teaspoon salt

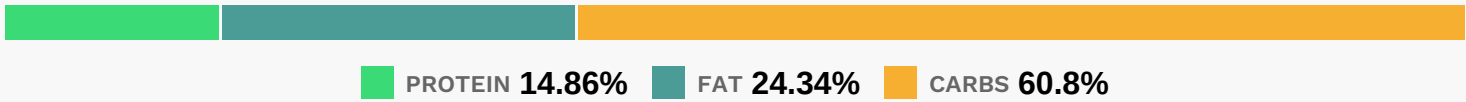
Equipment

- ☐ bowl

Directions

- ☐ In small bowl, mix dip ingredients; set aside.
- ☐ On each cocktail pick, thread 1 olive, 1 tomato and 1 half-slice cucumber.
- ☐ Serve kabobs with dip.

Nutrition Facts



Properties

Glycemic Index:8.14, Glycemic Load:0.51, Inflammation Score:-4, Nutrition Score:2.5386956645095%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 23.92kcal (1.2%), Fat: 0.73g (1.12%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 4.08g (1.36%), Net Carbohydrates: 3.4g (1.24%), Sugar: 2.55g (2.83%), Cholesterol: 0.15mg (0.05%), Sodium: 94.56mg (4.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (1.99%), Vitamin K: 11.01µg (10.48%), Vitamin C: 3.93mg (4.76%), Vitamin A: 218.04IU (4.36%), Potassium: 141.79mg (4.05%), Manganese: 0.07mg (3.67%), Calcium: 30.35mg (3.04%), Phosphorus: 29.32mg (2.93%), Magnesium: 11.07mg (2.77%), Fiber: 0.68g (2.72%), Vitamin B2: 0.04mg (2.36%), Vitamin B6: 0.04mg (2.18%), Vitamin B5: 0.2mg (2.03%), Copper: 0.04mg (1.98%), Vitamin E: 0.3mg (1.97%), Folate: 7.68µg (1.92%), Vitamin B1: 0.03mg (1.7%), Iron: 0.29mg (1.6%), Zinc: 0.22mg (1.45%)