



Greek Skewers

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons balsamic vinegar
- 1 cucumber english halved sliced
- 4 ounce feta cheese cut into 1-inch cubes
- 1 garlic clove minced
- 1 cup grape tomatoes
- 0.5 teaspoon coarsely ground pepper black
- 0.5 cup kalamata olives pitted
- 0.3 cup olive oil extra-virgin

1 teaspoon oregano fresh chopped

Equipment

skewers

Directions

- Thread first 4 ingredients onto 6-inch skewers.
- Combine olive oil and remaining ingredients.
- Drizzle over skewers. Refrigerate until ready to serve.

Nutrition Facts

 **PROTEIN 8.22%**  **FAT 80.43%**  **CARBS 11.35%**

Properties

Glycemic Index:22.75, Glycemic Load:0.5, Inflammation Score:-4, Nutrition Score:4.4191304600757%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 121.08kcal (6.05%), Fat: 11.18g (17.21%), Saturated Fat: 3.01g (18.83%), Carbohydrates: 3.55g (1.18%), Net Carbohydrates: 2.71g (0.99%), Sugar: 1.36g (1.51%), Cholesterol: 12.62mg (4.21%), Sodium: 295.47mg (12.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.15%), Vitamin K: 13.82µg (13.17%), Vitamin E: 1.48mg (9.85%), Calcium: 87.76mg (8.78%), Vitamin B2: 0.14mg (8.12%), Phosphorus: 62.96mg (6.3%), Vitamin A: 292.47IU (5.85%), Vitamin B6: 0.1mg (5.01%), Manganese: 0.09mg (4.56%), Vitamin C: 3.72mg (4.51%), Vitamin B12: 0.24µg (3.99%), Zinc: 0.53mg (3.55%), Selenium: 2.39µg (3.41%), Potassium: 119.38mg (3.41%), Fiber: 0.84g (3.34%), Magnesium: 11.68mg (2.92%), Vitamin B1: 0.04mg (2.8%), Folate: 10.83µg (2.71%), Vitamin B5: 0.26mg (2.59%), Iron: 0.45mg (2.48%), Copper: 0.05mg (2.29%), Vitamin B3: 0.32mg (1.62%)