



## Grilled Halloumi Skewers

 Gluten Free

READY IN



93 min.

SERVINGS



8

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 teaspoon rosemary leaves fresh finely chopped
- 1 teaspoon thyme leaves fresh finely chopped
- 8 servings salt and ground pepper fresh black
- 0.5 pound halloumi cheese drained cut into 1-inch cubes, 16 pieces
- 0.3 pound new potatoes boiled cut in quarters and until tender
- 0.3 cup olive oil
- 2 tablespoons olives mixed pitted finely chopped
- 0.3 teaspoon pepper flakes red

- 2 tablespoons citrus champagne vinegar

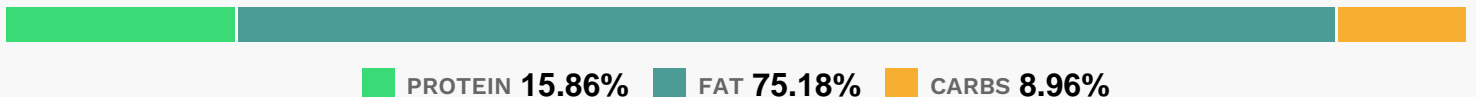
## Equipment

- bowl
- whisk
- grill
- skewers
- grill pan
- wooden skewers

## Directions

- Watch how to make this recipe.
- In a large bowl whisk together olive oil, vinegar, herbs, red pepper flakes, and olives and season with salt and pepper, to tastes.
- Add the cheese and potatoes and toss until completely coated. Cover and put in the refrigerator to marinate for 1 to 2 hours.
- Preheat a grill or grill pan over medium-high heat.
- Soak wooden skewers in water to prevent them from burning. Skewer 1 piece of cheese then a potato followed by another piece of cheese on each skewer.
- Put the skewers on a well oiled grill and cook for 3 to 4 minutes per side.
- Remove the skewers from the grill to a serving platter and serve with a drizzle of the marinade.

## Nutrition Facts



## Properties

Glycemic Index:20.09, Glycemic Load:2.44, Inflammation Score:-3, Nutrition Score:2.8930434545745%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## **Nutrients (% of daily need)**

Calories: 167.83kcal (8.39%), Fat: 14.06g (21.64%), Saturated Fat: 5.8g (36.26%), Carbohydrates: 3.77g (1.26%), Net Carbohydrates: 3.18g (1.16%), Sugar: 0.31g (0.34%), Cholesterol: 0mg (0%), Sodium: 374.03mg (16.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.67g (13.35%), Calcium: 288.8mg (28.88%), Vitamin E: 1.08mg (7.17%), Vitamin C: 4.15mg (5.02%), Vitamin K: 4.68µg (4.46%), Vitamin B6: 0.06mg (2.94%), Potassium: 86.09mg (2.46%), Manganese: 0.05mg (2.44%), Fiber: 0.59g (2.38%), Iron: 0.28mg (1.54%), Magnesium: 5.39mg (1.35%), Copper: 0.03mg (1.33%), Phosphorus: 11.77mg (1.18%), Vitamin B3: 0.22mg (1.09%), Vitamin B1: 0.02mg (1.06%)