



Grilled White Cheese with Oregano Oil

 Gluten Free

READY IN



1500 min.

SERVINGS



6

CALORIES



161 kcal

SIDE DISH

Ingredients

- 0.5 lb halloumi cheese rectangular cut into 12 blocks
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 teaspoon oregano dried crumbled

Equipment

- paper towels
- grill
- spatula
- skewers

grill pan

Directions

- Thread 2 blocks of cheese lengthwise onto each skewer, then cover skewers with cold water and soak 1 hour.
- Stir together oil and oregano in a 13- by 9-inch shallow dish.
- While cheese soaks, prepare grill for cooking. If using a charcoal grill, open vents on bottom of grill, then light charcoal. Charcoal fire is medium-hot when you can hold your hand 5 inches above rack for 3 to 4 seconds. If using a gas grill, preheat burners on high, covered, 10 minutes, then reduce heat to moderately high.
- Drain cheese skewers on paper towels and pat dry, then grill, covered only if using a gas grill, on a well-oiled grill rack, turning (use a metal spatula to scrape under cheese to loosen before turning each time), until evenly browned, 3 to 7 minutes total.
- Add cheese skewers to oregano oil and turn to coat.
- If you aren't able to grill outdoors, cheese can be cooked in an oiled well-seasoned large ridged grill pan over moderate heat.

Nutrition Facts

 **PROTEIN 20.69%**  **FAT 77.99%**  **CARBS 1.32%**

Properties

Glycemic Index:0.83, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:2.2426087002715%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 161.2kcal (8.06%), Fat: 13.98g (21.51%), Saturated Fat: 7.08g (44.22%), Carbohydrates: 0.53g (0.18%), Net Carbohydrates: 0.35g (0.13%), Sugar: 0.2g (0.23%), Cholesterol: 0mg (0%), Sodium: 453.77mg (19.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.35g (16.69%), Calcium: 383.36mg (38.34%), Vitamin E: 0.73mg (4.89%), Vitamin K: 4.88µg (4.65%)