



Halloumi & mushroom skewers

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



275 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 250 g halloumi cheese
- ☐ 250 g mushrooms
- ☐ 1 leaves rosemary
- ☐ 6 servings olive oil
- ☐ 2 optional: lemon
- ☐ 1 small parsley roughly chopped

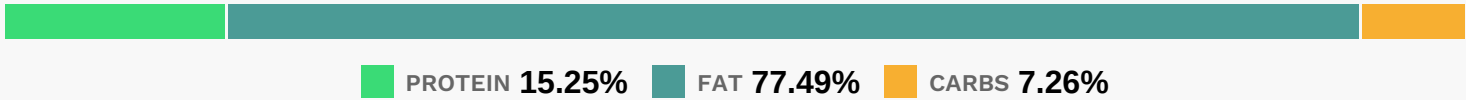
Equipment

- ☐ skewers

Directions

- ☐ Cut halloumi into similar sized chunks to the mushrooms. Hold a skewer and rosemary stick together and thread some cheese and mushrooms through both (this will make the skewers more stable when cooking). Repeat until everything is used up. Grind over black pepper, drizzle with olive oil and set aside until ready to barbecue.
- ☐ Zest and halve the lemons, then mix the zest with the parsley and a squeeze of juice. Set aside.
- ☐ To cook the skewers, simply place over hot coals and turn two or three times they will take 5-10 mins to cook. Char the lemon halves, cut side down, at the same time.
- ☐ Serve lemons alongside skewers for squeezing over, scattered with the parsley mixture.

Nutrition Facts



Properties

Glycemic Index:26.58, Glycemic Load:0.93, Inflammation Score:-2, Nutrition Score:7.1882608364458%

Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 275.23kcal (13.76%), Fat: 24.53g (37.73%), Saturated Fat: 9.06g (56.64%), Carbohydrates: 5.16g (1.72%), Net Carbohydrates: 3.62g (1.32%), Sugar: 1.93g (2.15%), Cholesterol: 0mg (0%), Sodium: 503.26mg (21.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.86g (21.73%), Calcium: 429.78mg (42.98%), Vitamin C: 20.28mg (24.58%), Vitamin E: 2.08mg (13.84%), Vitamin K: 11.16µg (10.63%), Vitamin B2: 0.18mg (10.33%), Vitamin B3: 1.54mg (7.72%), Copper: 0.15mg (7.35%), Vitamin B5: 0.69mg (6.93%), Fiber: 1.54g (6.17%), Selenium: 4.03µg (5.75%), Potassium: 184.84mg (5.28%), Phosphorus: 41.81mg (4.18%), Vitamin B6: 0.08mg (3.76%), Vitamin B1: 0.05mg (3.28%), Iron: 0.56mg (3.12%), Folate: 11.81µg (2.95%), Magnesium: 7.08mg (1.77%), Manganese: 0.03mg (1.69%), Zinc: 0.25mg (1.64%)