



Ham-and-Cheese Skewers

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 oz cheese wedge blue
- ☐ 0.5 pound virginia deli ham smoked sliced ()
- ☐ 1 large gala apple sliced
- ☐ 1 bunch watercress fresh
- ☐ 4 inch metal skewers
- ☐ 4 inch metal skewers

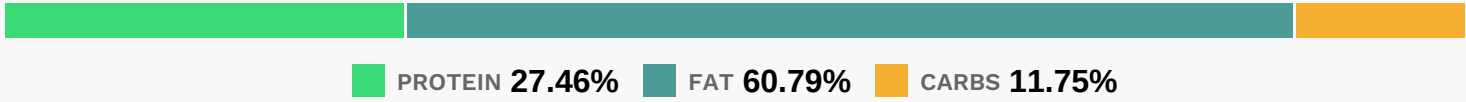
Equipment

- ☐ skewers

Directions

- ☐ Cut ham into 3/4-inch cubes. Carefully break cheese into 60 small pieces.
- ☐ Cut apple slices into thirds.
- ☐ Thread cheese, apple, watercress leaves, and ham onto skewers. Stand skewers upright, ham ends down, on a serving plate.

Nutrition Facts



Properties

Glycemic Index:3.64, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:1.7869565331418%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 46.81kcal (2.34%), Fat: 3.16g (4.87%), Saturated Fat: 1.61g (10.03%), Carbohydrates: 1.38g (0.46%), Net Carbohydrates: 1.16g (0.42%), Sugar: 0.96g (1.06%), Cholesterol: 9.88mg (3.29%), Sodium: 173.39mg (7.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.43%), Phosphorus: 42.94mg (4.29%), Selenium: 2.89µg (4.13%), Vitamin B1: 0.06mg (3.91%), Calcium: 32.31mg (3.23%), Vitamin K: 2.83µg (2.7%), Vitamin B2: 0.05mg (2.66%), Zinc: 0.37mg (2.44%), Vitamin B6: 0.05mg (2.44%), Vitamin B3: 0.47mg (2.36%), Vitamin B12: 0.13µg (2.12%), Vitamin A: 79.99IU (1.6%), Potassium: 53.3mg (1.52%), Vitamin B5: 0.15mg (1.48%), Vitamin C: 0.84mg (1.02%)