



Ham and Cheese Skewers with Crunchy Maille® Cornichons

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 cherry tomatoes
- ☐ 12 cornichons maille®
- ☐ 4 slices country ham
- ☐ 1 small block of swiss cheese cut into cubes

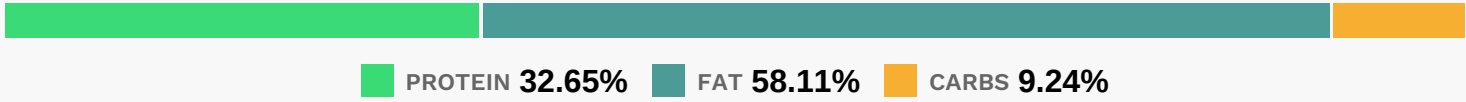
Equipment

- ☐ skewers

Directions

- ☐
- Cut each slice of ham in 3, and roll each piece on itself to form a little square.
- ☐
- Slide a Maille® cornichon, then a cube of ham, then a cube of cheese, then a tomato on a skewer. Repeat 3 times to fill the skewer.
- ☐
- Repeat for each skewer.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:5.2173913509949%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 94.25kcal (4.71%), Fat: 6.08g (9.35%), Saturated Fat: 2.46g (15.36%), Carbohydrates: 2.17g (0.72%), Net Carbohydrates: 1.78g (0.65%), Sugar: 1.3g (1.45%), Cholesterol: 21.31mg (7.1%), Sodium: 382.07mg (16.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.68g (15.36%), Vitamin C: 11.66mg (14.13%), Vitamin B1: 0.19mg (12.47%), Selenium: 7.89µg (11.27%), Phosphorus: 99.01mg (9.9%), Vitamin B3: 1.52mg (7.61%), Vitamin B6: 0.15mg (7.5%), Zinc: 0.91mg (6.05%), Vitamin A: 290.39IU (5.81%), Potassium: 194.97mg (5.57%), Vitamin B12: 0.31µg (5.13%), Vitamin B2: 0.09mg (5.08%), Calcium: 45.4mg (4.54%), Iron: 0.61mg (3.38%), Copper: 0.07mg (3.3%), Manganese: 0.06mg (2.9%), Magnesium: 11.43mg (2.86%), Vitamin K: 2.9µg (2.76%), Vitamin E: 0.41mg (2.76%), Vitamin B5: 0.21mg (2.13%), Folate: 7.88µg (1.97%), Fiber: 0.39g (1.57%), Vitamin D: 0.2µg (1.31%)