



## Italian Salad-on-a-Stick

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



16

CALORIES



68 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 32 arugula leaves
- 0.3 cup balsamic vinaigrette dressing kraft
- 1 cucumber peeled
- 16 grape tomatoes
- 8 oz mozzarella cheese cut lengthwise into quarters kraft
- 16 jumbo olives black pitted drained

## Equipment

- wooden skewers

## Directions

- Cut each cheese piece into 4 chunks; cut each cucumber half into 8 chunks.
- Thread cheese and cucumbers onto 16 (6-inch) wooden skewers with all remaining ingredients except dressing.
- Place on platter.
- Drizzle with dressing.

## Nutrition Facts

**PROTEIN 20.6%** **FAT 68.24%** **CARBS 11.16%**

## Properties

Glycemic Index:7, Glycemic Load:0.32, Inflammation Score:-3, Nutrition Score:3.0599999790606%

## Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

## Nutrients (% of daily need)

Calories: 68.16kcal (3.41%), Fat: 5.22g (8.03%), Saturated Fat: 2.08g (12.99%), Carbohydrates: 1.92g (0.64%), Net Carbohydrates: 1.39g (0.51%), Sugar: 1.08g (1.2%), Cholesterol: 11.2mg (3.73%), Sodium: 186.77mg (8.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.09%), Calcium: 84.76mg (8.48%), Vitamin A: 361.57IU (7.23%), Vitamin K: 7.43µg (7.08%), Phosphorus: 60.44mg (6.04%), Vitamin B12: 0.32µg (5.39%), Vitamin C: 3.53mg (4.28%), Selenium: 2.48µg (3.54%), Zinc: 0.5mg (3.3%), Vitamin B2: 0.05mg (3.04%), Potassium: 93mg (2.66%), Folate: 10.17µg (2.54%), Manganese: 0.05mg (2.51%), Magnesium: 9.27mg (2.32%), Fiber: 0.53g (2.13%), Vitamin E: 0.29mg (1.96%), Copper: 0.03mg (1.64%), Vitamin B6: 0.03mg (1.63%), Vitamin B1: 0.02mg (1.26%), Iron: 0.23mg (1.26%)