



Italian Skewers

 Gluten Free

READY IN



20 min.

SERVINGS



16

CALORIES



210 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz artichoke hearts halved drained canned
- 16 oz balsamic vinaigrette
- 1 pint grape tomatoes
- 1 tablespoon juice of lemon fresh
- 8 oz mozzarella cheese
- 6 oz olives spanish pitted drained
- 16 slices genoa salami (4-inch)
- 6 inch frangelico

6 inch frangelico

Equipment

baking pan

skewers

Directions

Cut cheese evenly into 16 cubes. Wrap salami slices around cheese cubes. Thread cubes, artichoke hearts, tomatoes, and olives alternatively on skewers.

Place skewers in a large plastic container or baking dish.

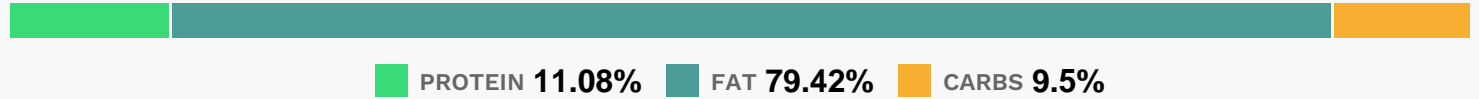
Stir together vinaigrette and lemon juice.

Pour dressing mixture over skewers; cover tightly, and chill 8 hours.

Remove skewers from marinade, discarding marinade before serving.

Note: For testing purposes only, we used Ken's Steak House Balsamic & Basil Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:5.81, Glycemic Load:0.43, Inflammation Score:-3, Nutrition Score:4.2047826155372%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 209.77kcal (10.49%), Fat: 18.29g (28.13%), Saturated Fat: 4.1g (25.64%), Carbohydrates: 4.92g (1.64%), Net Carbohydrates: 3.83g (1.39%), Sugar: 2.14g (2.38%), Cholesterol: 18.31mg (6.1%), Sodium: 806.34mg (35.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.48%), Vitamin B12: 0.58µg (9.59%), Calcium: 84.13mg (8.41%), Phosphorus: 78.39mg (7.84%), Vitamin A: 384.01IU (7.68%), Selenium: 4.79µg (6.85%), Vitamin B1: 0.1mg (6.76%), Zinc: 0.85mg (5.65%), Vitamin C: 4.41mg (5.35%), Vitamin B2: 0.08mg (4.49%), Fiber: 1.09g (4.36%),

Vitamin B6: 0.08mg (4.11%), Vitamin E: 0.59mg (3.95%), Vitamin B3: 0.72mg (3.6%), Potassium: 120.31mg (3.44%),
Vitamin K: 2.81µg (2.68%), Copper: 0.05mg (2.32%), Magnesium: 9.29mg (2.32%), Manganese: 0.04mg (2.22%),
Iron: 0.31mg (1.73%), Folate: 6.11µg (1.53%), Vitamin B5: 0.15mg (1.45%)