



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-basil vinaigrette
- ☐ 1 pint grape tomatoes
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 8 oz block mozzarella cheese
- ☐ 6 oz olives spanish pitted drained
- ☐ 16 slices genoa salami (4-inch)
- ☐ 6 inch wooden skewers

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Equipment

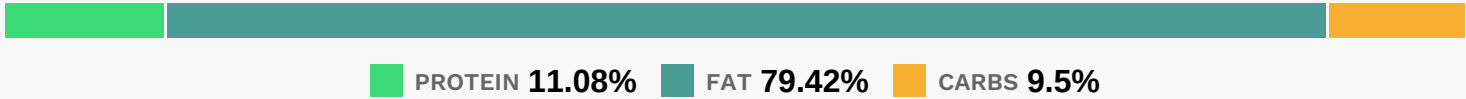
☐ baking pan

☐ 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: Og (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%)