



Marinated Antipasto Appetizers

READY IN



40 min.

SERVINGS



40

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 artichoke hearts canned drained quartered
- 16 grape tomatoes
- 4 oz low-moisture part-skim mozzarella cheese cut into 16 cubes kraft ()
- 16 slices oscar mayer pepperoni
- 40 servings ritz simply socials original crackers
- 0.3 cup vinaigrette dressing made italian with extra virgin olive oil kraft

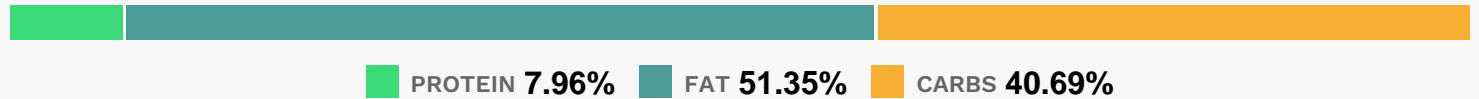
Equipment

- wooden skewers

Directions

- Combine cheese, artichokes and dressing. Refrigerate 30 min. to marinate.
- Drain cheese and artichokes; discard marinade. Thread 1 each tomato, artichoke quarter, pepperoni slice and cheese cube onto each of 16 small wooden skewers.
- Arrange on platter.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:1.65, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:2.7708695582722%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 103.13kcal (5.16%), Fat: 5.9g (9.08%), Saturated Fat: 1.49g (9.3%), Carbohydrates: 10.52g (3.51%), Net Carbohydrates: 10.07g (3.66%), Sugar: 1.51g (1.68%), Cholesterol: 2.59mg (0.86%), Sodium: 172.04mg (7.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.12%), Vitamin K: 9.44µg (8.99%), Phosphorus: 59.7mg (5.97%), Vitamin E: 0.8mg (5.34%), Vitamin B1: 0.08mg (5.06%), Manganese: 0.1mg (4.96%), Calcium: 47.65mg (4.77%), Vitamin B3: 0.86mg (4.32%), Iron: 0.76mg (4.21%), Folate: 12.84µg (3.21%), Vitamin B2: 0.05mg (3.2%), Selenium: 1.38µg (1.97%), Fiber: 0.45g (1.8%), Vitamin A: 70.28IU (1.41%), Zinc: 0.21mg (1.38%), Copper: 0.03mg (1.26%), Magnesium: 4.58mg (1.15%), Potassium: 39.74mg (1.14%), Vitamin C: 0.93mg (1.13%)