



Marinated Feta and Olive Skewers

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 large cucumber english seeded cut into 1/2-inch chunks
- 2 teaspoons fennel seeds
- 4 ounces feta cheese cut into 24 (1/2-inch) cubes
- 12 olives green pitted halved
- 24 mint leaves
- 3 tablespoons orange juice
- 2 teaspoons orange zest
- 1 teaspoon cracked pepper black

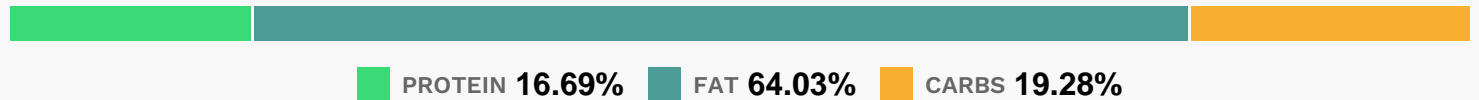
Equipment

- bowl
- skewers

Directions

- Watch how to make this recipe.
- Special equipment: 24 (6-inch) skewers
- In a medium bowl combine the fennel seeds, orange zest, orange juice, and pepper. Gently stir in the feta and marinate for 1 hour or more.
- To make the skewers, place a mint leaf about 3/4-inch up the skewer, then add an olive half, then a chunk of cucumber. Gently place a cube of the marinated feta on the end.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.69, Inflammation Score:-3, Nutrition Score:4.5408696454504%

Flavonoids

Eriodictyol: 1.25mg, Eriodictyol: 1.25mg, Eriodictyol: 1.25mg, Eriodictyol: 1.25mg Hesperetin: 1.42mg, Hesperetin: 1.42mg, Hesperetin: 1.42mg, Hesperetin: 1.42mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 73.97kcal (3.7%), Fat: 5.47g (8.41%), Saturated Fat: 2.7g (16.88%), Carbohydrates: 3.7g (1.23%), Net Carbohydrates: 2.62g (0.95%), Sugar: 0.97g (1.08%), Cholesterol: 16.82mg (5.61%), Sodium: 342.5mg (14.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.41%), Calcium: 120.51mg (12.05%), Vitamin B2: 0.18mg (10.64%), Vitamin C: 6.92mg (8.39%), Phosphorus: 75.29mg (7.53%), Manganese: 0.15mg (7.47%), Vitamin A: 316.77IU (6.34%), Vitamin B12: 0.32µg (5.32%), Vitamin B6: 0.1mg (5.07%), Zinc: 0.65mg (4.34%), Fiber: 1.08g (4.34%), Selenium: 2.98µg (4.25%), Folate: 14.53µg (3.63%), Magnesium: 13.51mg (3.38%), Vitamin B1: 0.05mg (3.26%), Iron: 0.58mg (3.21%), Vitamin K: 3.06µg (2.91%), Potassium: 90.35mg (2.58%), Vitamin B5: 0.25mg (2.55%), Copper: 0.05mg (2.49%), Vitamin E: 0.35mg (2.34%), Vitamin B3: 0.37mg (1.85%)