



Marinated Havarti Cheese Kabobs

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 slices cucumber english (1/)
- ☐ 8 ounces havarti cheese cut into 1/2- to 3/4-inch cubes (32 cubes)
- ☐ 0.5 cup balsamic vinaigrette
- ☐ 8 olives pitted ripe
- ☐ 16 and/or cherry tomatoes red yellow

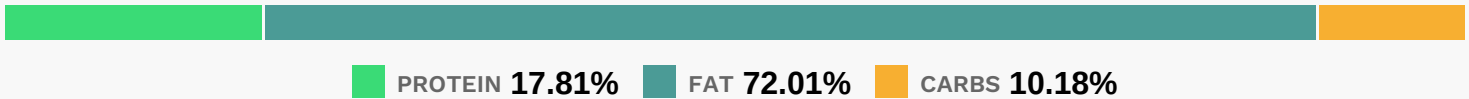
Equipment

- ☐ skewers

Directions

- ☐ Mix cucumber, cheese and vinaigrette in shallow dish.
- ☐ Let stand at room temperature 30 minutes to marinate.
- ☐ Thread 1 cucumber piece or olive, 2 cheese cubes and 1 tomato on each of 16 small cock-tail skewers.
- ☐ Serve immediately, or refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.7952173948288%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 84.77kcal (4.24%), Fat: 6.88g (10.59%), Saturated Fat: 2.75g (17.21%), Carbohydrates: 2.19g (0.73%), Net Carbohydrates: 1.87g (0.68%), Sugar: 0.69g (0.77%), Cholesterol: 12.47mg (4.16%), Sodium: 209.02mg (9.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.66%), Calcium: 93.85mg (9.38%), Phosphorus: 87.57mg (8.76%), Zinc: 0.67mg (4.45%), Vitamin K: 4.29µg (4.09%), Folate: 15.48µg (3.87%), Vitamin B2: 0.06mg (3.73%), Vitamin B12: 0.2µg (3.26%), Vitamin A: 147.57IU (2.95%), Vitamin C: 2.33mg (2.82%), Potassium: 92.43mg (2.64%), Manganese: 0.05mg (2.47%), Magnesium: 9.45mg (2.36%), Copper: 0.04mg (2.12%), Selenium: 1.37µg (1.96%), Vitamin B6: 0.03mg (1.66%), Vitamin B1: 0.02mg (1.43%), Vitamin B5: 0.13mg (1.35%), Fiber: 0.31g (1.26%), Vitamin B3: 0.24mg (1.22%), Vitamin E: 0.18mg (1.21%), Iron: 0.19mg (1.05%)