



Mediterranean Skewers with Bloody Mary Vinaigrette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



11 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 32 servings baby mozzarella balls such as gaea pitted kalamata olives (32 each)
- ☐ 3 tablespoons celery hearts diced finely
- ☐ 0.3 teaspoon horseradish prepared
- ☐ 0.1 teaspoon hot sauce
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 0.5 cup sacramento tomato juice
- ☐ 2 tablespoons premium vodka
- ☐ 0.1 teaspoon worcestershire sauce

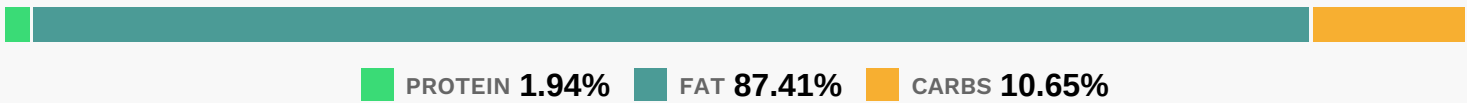
Equipment

- ☐ bowl
- ☐ whisk
- ☐ skewers

Directions

- ☐ In a medium bowl, whisk together tomato juice, vodka, Worcestershire, hot sauce, horseradish, oil, celery, salt, and pepper. Refrigerate until ready to serve.
- ☐ Onto each skewer, thread a bocconcini ball, tomato, artichoke, and olive; serve with vinaigrette.

Nutrition Facts



Properties

Glycemic Index:4.54, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:0.24086956291095%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 10.96kcal (0.55%), Fat: 0.88g (1.35%), Saturated Fat: 0.12g (0.76%), Carbohydrates: 0.24g (0.08%), Net Carbohydrates: 0.19g (0.07%), Sugar: 0.16g (0.18%), Cholesterol: 0mg (0%), Sodium: 23.75mg (1.03%), Alcohol: 0.31g (100%), Alcohol %: 5.29% (100%), Protein: 0.04g (0.09%)