



Mediterranean Starter Sticks

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



112 kcal

SIDE DISH

Ingredients

- 8 oz cracker barrel aged reserve extra sharp cheddar cheese cut into 18 cubes
- 18 olives green pitted
- 18 oil-packed sun-dried tomato halves drained

Equipment

- skewers

Directions

Thread ingredients onto 9 skewers.

Nutrition Facts

PROTEIN 20.39% **FAT 69.75%** **CARBS 9.86%**

Properties

Glycemic Index:5.7, Glycemic Load:0.62, Inflammation Score:-3, Nutrition Score:4.192173877488%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Nutrients (% of daily need)

Calories: 112.26kcal (5.61%), Fat: 8.92g (13.72%), Saturated Fat: 4.52g (28.22%), Carbohydrates: 2.84g (0.95%), Net Carbohydrates: 2.16g (0.78%), Sugar: 1.47g (1.63%), Cholesterol: 22.68mg (7.56%), Sodium: 264.5mg (11.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.87g (11.73%), Calcium: 168.05mg (16.8%), Phosphorus: 116.98mg (11.7%), Selenium: 6.68µg (9.54%), Vitamin B2: 0.12mg (6.95%), Zinc: 0.91mg (6.05%), Vitamin A: 287.01IU (5.74%), Potassium: 143.97mg (4.11%), Vitamin B12: 0.24µg (4.01%), Magnesium: 13.9mg (3.47%), Manganese: 0.07mg (3.44%), Copper: 0.07mg (3.36%), Vitamin E: 0.44mg (2.97%), Fiber: 0.68g (2.72%), Iron: 0.4mg (2.22%), Vitamin K: 2.19µg (2.09%), Folate: 7.43µg (1.86%), Vitamin B1: 0.03mg (1.81%), Vitamin B3: 0.35mg (1.77%), Vitamin C: 1.41mg (1.71%), Vitamin B5: 0.17mg (1.7%), Vitamin B6: 0.03mg (1.49%)