



Melon and Olive Mini Skewers with Black Pepper Honey



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



24

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups basil leaves fresh
- ☐ 2 medium sprigs rosemary fresh
- ☐ 4 sprigs thyme leaves fresh
- ☐ 0.8 cup honey
- ☐ 8 ounce bite-size mozzarella balls fresh dry drained ciliegine
- ☐ 0.5 large cantaloupe melon peeled seeded
- ☐ 7 ounce olives green pitted rinsed drained canned

☐ 2 teaspoons coarse pepper black freshly ground

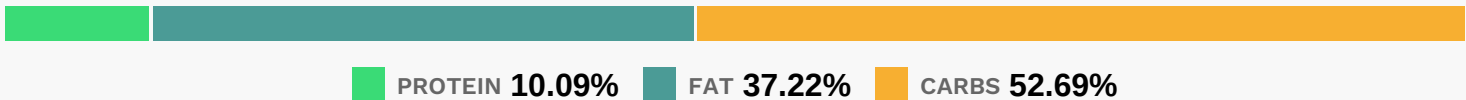
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ skewers
- ☐ melon baller

Directions

- ☐ Special equipment: 24 mini bamboo skewers
- ☐ For the honey: Stir together the honey, 1/4 cup water, the pepper, thyme and rosemary in a small saute pan over medium heat. Bring the mixture to a boil, then reduce the heat to low and simmer for about 8 minutes.
- ☐ Remove from the heat and set aside to cool slightly. Strain the honey into a small bowl and set aside while you assemble the skewers.
- ☐ For the skewers: Using a melon baller, scoop out 24 rounds from the peeled melon. Thread each skewer with a melon ball, basil leaf, mozzarella ball, another basil leaf and an olive. To serve, place the skewers on a platter and drizzle with the honey.

Nutrition Facts



Properties

Glycemic Index:11.12, Glycemic Load:5.44, Inflammation Score:-6, Nutrition Score:2.2173913082351%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 74.74kcal (3.74%), Fat: 3.34g (5.14%), Saturated Fat: 0.85g (5.34%), Carbohydrates: 10.65g (3.55%), Net Carbohydrates: 10.11g (3.68%), Sugar: 10.09g (11.21%), Cholesterol: 3.4mg (1.13%), Sodium: 141.36mg (6.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.08%), Vitamin A: 722.79IU (14.46%), Vitamin K: 9.15µg (8.71%),

Calcium: 45.42mg (4.54%), Manganese: 0.06mg (3.17%), Vitamin C: 2.55mg (3.09%), Vitamin E: 0.34mg (2.27%),
Fiber: 0.54g (2.16%), Copper: 0.04mg (1.96%), Iron: 0.26mg (1.46%), Magnesium: 5.23mg (1.31%), Potassium:
45.29mg (1.29%), Folate: 4.39µg (1.1%)