

Mini Antipasto Bites

READY IN



6 min.

SERVINGS



6

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 pimento-stuffed olives green cut into 4 slices
- 1.5 oz genoa salami
- 2 sticks polly-o mozzarella string cheese cut into 6 pieces kraft
- 12 woven wheat crackers

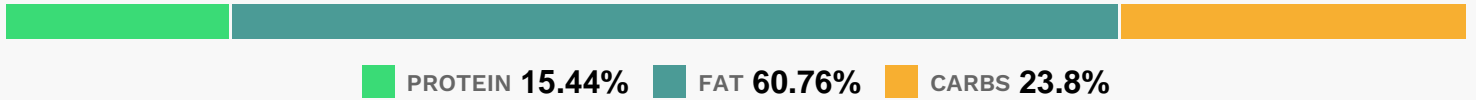
Equipment

- microwave

Directions

- Cut salami slices in half; roll each into cone shape.
- Place 1 piece of string cheese in each cone. Top each cracker with 1 salami cone and 1 olive slice.
- Place crackers on microwavable plate. Microwave on HIGH 20 to 30 seconds or until cheese begins to melt.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:4.67, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.1234782578667%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 50.54kcal (2.53%), Fat: 3.41g (5.24%), Saturated Fat: 1.05g (6.58%), Carbohydrates: 3g (1%), Net Carbohydrates: 2.68g (0.97%), Sugar: 0.52g (0.58%), Cholesterol: 5.78mg (1.93%), Sodium: 223.27mg (9.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.9%), Vitamin B1: 0.07mg (4.42%), Vitamin B12: 0.2µg (3.31%), Selenium: 1.82µg (2.6%), Vitamin B3: 0.4mg (2.01%), Zinc: 0.3mg (1.99%), Vitamin B6: 0.04mg (1.98%), Phosphorus: 16.31mg (1.63%), Vitamin B2: 0.02mg (1.38%), Fiber: 0.32g (1.29%), Iron: 0.2mg (1.09%)