



Mini Caprese Bites

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



65 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons balsamic vinegar
- 0.3 cup olive oil extra virgin
- 6 basil fresh thinly sliced
- 1 pt grape tomatoes halved
- 0.3 teaspoon kosher salt
- 20 servings salt and pepper to taste
- 10 baby mozzarella balls fresh cut into thirds*
- 0.3 teaspoon pepper

- 4 inch frangelico
- 4 inch frangelico

Equipment

- whisk
- skewers

Directions

- Thread 1 tomato half, 1 piece of cheese, and another tomato half onto each skewer.
- Place skewers in a shallow serving dish.
- Whisk together oil and next 3 ingredients.
- Drizzle oil mixture over skewers; sprinkle with basil and salt and pepper to taste.
- *1 (8-oz.) package fresh mozzarella, cut into 1/2-inch cubes, may be substituted.
- **Wooden picks may be substituted.

Nutrition Facts

PROTEIN 16.18% **FAT 76.64%** **CARBS 7.18%**

Properties

Glycemic Index:9.5, Glycemic Load:0.38, Inflammation Score:-2, Nutrition Score:1.3826086974662%

Flavonoids

Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 64.62kcal (3.23%), Fat: 5.74g (8.84%), Saturated Fat: 1.37g (8.59%), Carbohydrates: 1.21g (0.4%), Net Carbohydrates: 0.92g (0.33%), Sugar: 0.86g (0.96%), Cholesterol: 5.04mg (1.68%), Sodium: 234.41mg (10.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.46%), Calcium: 53.28mg (5.33%), Vitamin A: 203.54IU (4.07%), Vitamin C: 3.26mg (3.95%), Vitamin K: 4.03µg (3.84%), Vitamin E: 0.52mg (3.45%), Manganese: 0.03mg (1.71%), Potassium: 58.62mg (1.67%), Fiber: 0.29g (1.17%)