



Mozzarella and Nectarine Skewers With Pesto

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound mozzarella cheese fresh
- 3 nectarines ripe
- 0.5 cup pesto

Equipment

- skewers

Directions

- Cut mozzarella into 3/4-inch cubes. Slice each nectarine into 6 wedges, and cut each wedge in half (for a total of 36 pieces; you'll have a few extra). Set aside.
- Skewer 2 cubes mozzarella and 2 pieces nectarine per wooden pick; place on a serving platter.
- Drizzle with pesto (thin with a little olive oil, if needed), and serve.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:1.67, Inflammation Score:-5, Nutrition Score:5.7734782332959%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg Epicatechin: 1.08mg, Epicatechin: 1.08mg, Epicatechin: 1.08mg, Epicatechin: 1.08mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 200.68kcal (10.03%), Fat: 14.85g (22.84%), Saturated Fat: 6.76g (42.25%), Carbohydrates: 5.9g (1.97%), Net Carbohydrates: 5.06g (1.84%), Sugar: 4.23g (4.69%), Cholesterol: 36.83mg (12.28%), Sodium: 405.88mg (17.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.1g (22.21%), Calcium: 249.88mg (24.99%), Vitamin B12: 1.03µg (17.24%), Phosphorus: 171.65mg (17.16%), Vitamin A: 698.04IU (13.96%), Selenium: 7.71µg (11.02%), Zinc: 1.41mg (9.43%), Vitamin B2: 0.14mg (8.23%), Fiber: 0.84g (3.35%), Magnesium: 12.91mg (3.23%), Vitamin B3: 0.52mg (2.62%), Potassium: 90.28mg (2.58%), Vitamin E: 0.35mg (2.31%), Iron: 0.4mg (2.22%), Copper: 0.04mg (2%), Vitamin B1: 0.03mg (1.87%), Manganese: 0.04mg (1.83%), Vitamin K: 1.9µg (1.81%), Vitamin C: 1.24mg (1.5%), Folate: 5.73µg (1.43%), Vitamin B5: 0.14mg (1.43%), Vitamin B6: 0.03mg (1.37%), Vitamin D: 0.18µg (1.21%)