



No-Cook Kabob

 Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 grapes green seedless
- 2 slices oscar mayer honey ham
- 1 oz sharp cheddar cheese cut into 4 cubes kraft

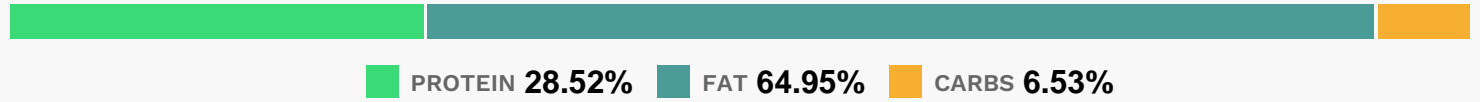
Equipment

- skewers

Directions

- Stack ham slices; roll up tightly.
- Cut crosswise into 4 roll-ups.
- Thread roll-ups with cheese and grapes onto 2 (6-inch) skewers.

Nutrition Facts



Properties

Glycemic Index:14.6, Glycemic Load:0.35, Inflammation Score:-1, Nutrition Score:1.828695671066%

Nutrients (% of daily need)

Calories: 53.11kcal (2.66%), Fat: 3.81g (5.87%), Saturated Fat: 1.76g (11%), Carbohydrates: 0.86g (0.29%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.64g (0.71%), Cholesterol: 12.61mg (4.2%), Sodium: 170.11mg (7.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.53%), Selenium: 4.15µg (5.93%), Phosphorus: 50.74mg (5.07%), Vitamin B1: 0.07mg (4.78%), Calcium: 41.27mg (4.13%), Zinc: 0.47mg (3.14%), Vitamin B2: 0.05mg (3.09%), Vitamin B3: 0.51mg (2.55%), Vitamin B6: 0.05mg (2.5%), Vitamin B12: 0.13µg (2.2%), Potassium: 44.04mg (1.26%), Vitamin A: 59.45IU (1.19%)