



## Orchard Bacon-Cheddar Kabobs

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2.5 oz oscar mayer bacon fully cooked
- 2 Tbsp brown sugar
- 12 cheddar cheese cubes kraft
- 1 large apples i use 2 granny smith apples cut into 12 wedges

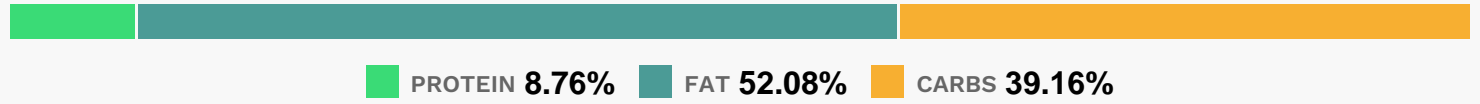
### Equipment

- bowl
- toothpicks

## Directions

- Cut each apple wedge crosswise in half; place in medium bowl.
- Add sugar; toss to coat.
- Thread ingredients alternately onto 12 toothpicks.

## Nutrition Facts



## Properties

Glycemic Index:3.93, Glycemic Load:0.55, Inflammation Score:-1, Nutrition Score:0.64695652023606%

## Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

## Nutrients (% of daily need)

Calories: 36.94kcal (1.85%), Fat: 2.19g (3.37%), Saturated Fat: 0.79g (4.94%), Carbohydrates: 3.7g (1.23%), Net Carbohydrates: 3.34g (1.22%), Sugar: 3.1g (3.45%), Cholesterol: 3.94mg (1.31%), Sodium: 37.36mg (1.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.66%), Selenium: 1.2µg (1.72%), Fiber: 0.36g (1.43%), Phosphorus: 12.22mg (1.22%), Vitamin B1: 0.02mg (1.06%), Vitamin B3: 0.21mg (1.04%)