



## Pizza Pull Kabobs

READY IN



45 min.

SERVINGS



45

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 cups unseasoned bread cubes french ()
- 0.5 cup mushrooms fresh cut in half
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 0.3 cup low-moisture part-skim mozzarella cheese shredded kraft
- 0.5 cup pepper squares green ()
- 0.5 cup pepperoni chunks ()

### Equipment

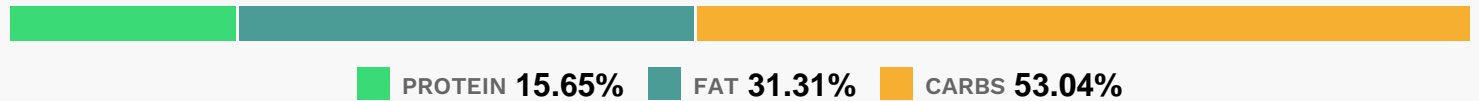
- baking sheet

- oven
- aluminum foil
- skewers

## Directions

- Heat oven to 350F.
- Thread bread, meat and vegetables alternately onto 8 skewers.
- Place in single layer on foil-covered baking sheet.
- Brush with dressing; sprinkle with cheese.
- Bake 20 min. or until kabobs are heated through and cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:3.34, Glycemic Load:3.17, Inflammation Score:-1, Nutrition Score:1.3882608757071%

## Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 33.06kcal (1.65%), Fat: 1.15g (1.77%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 4.39g (1.46%), Net Carbohydrates: 4.18g (1.52%), Sugar: 0.57g (0.64%), Cholesterol: 1.62mg (0.54%), Sodium: 84.23mg (3.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.59%), Vitamin B1: 0.06mg (4.11%), Selenium: 2.83µg (4.05%), Manganese: 0.05mg (2.59%), Vitamin B2: 0.04mg (2.56%), Folate: 10.17µg (2.54%), Vitamin B3: 0.49mg (2.46%), Iron: 0.34mg (1.89%), Vitamin C: 1.36mg (1.65%), Phosphorus: 14.59mg (1.46%)