



Roasted Pepper and Basil Skewers

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 cherry tomatoes
- 16 basil leaves fresh
- 16 oz polly-o part skim mozzarella cheese cut into 16 cubes
- 2 roasted peppers yellow cut into 8 small squares
- 0.3 cup vinaigrette dressing italian kraft

Equipment

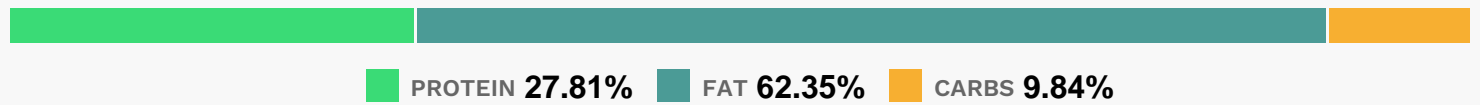
- toothpicks
- skewers

wooden skewers

Directions

- Thread all ingredients except dressing onto 16 small wooden skewers or toothpicks.
- Place in shallow dish.
- Add dressing; turn skewers to evenly coat ingredients with dressing.
- Let stand at room temperature 20 min. to marinate, turning occasionally.
- Remove skewers from marinade just before serving; discard marinade.

Nutrition Facts



Properties

Glycemic Index:2.33, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:3.0434783178827%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 54.7kcal (2.73%), Fat: 3.83g (5.89%), Saturated Fat: 1.79g (11.16%), Carbohydrates: 1.36g (0.45%), Net Carbohydrates: 1.22g (0.44%), Sugar: 0.47g (0.52%), Cholesterol: 9.68mg (3.23%), Sodium: 94.78mg (4.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.68%), Vitamin C: 16.66mg (20.2%), Calcium: 120.48mg (12.05%), Phosphorus: 74.57mg (7.46%), Vitamin K: 4.13µg (3.93%), Selenium: 2.29µg (3.27%), Zinc: 0.45mg (2.97%), Vitamin B2: 0.05mg (2.94%), Vitamin A: 144.18IU (2.88%), Vitamin B12: 0.12µg (2.07%), Vitamin B6: 0.03mg (1.57%), Potassium: 50.14mg (1.43%), Magnesium: 5.38mg (1.35%), Vitamin E: 0.2mg (1.34%), Folate: 4.75µg (1.19%), Manganese: 0.02mg (1.14%)