



## Rosemary Mozzarella Skewers

 Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



206 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 Tablespoons balsamic vinegar
- 1 oz cheese fresh cut into 1-inch cubes
- 12 servings pepper fresh black (lots!)
- 12 servings ground thyme
- 12 servings kalamata olives black drained
- 12 servings marinated artichoke drained
- 0.5 cup olive oil
- 1 Stalks rosemary leaves fresh

12 servings genoa salami sliced thin

## Equipment

skewers

## Directions

Strip all but 1 to 2 inches of rosemary leaves from stems. (Leave leaves intact at the top of the stem.) Use stem to spear cheese cubes, artichoke hearts, olives, and salami in whatever order you'd like.

Mix dressing ingredients until emulsified, then drizzle over the top of the skewers.

Serve immediately or refrigerate for later.

## Nutrition Facts



**PROTEIN 14.56%** **FAT 77.51%** **CARBS 7.93%**

## Properties

Glycemic Index:11.42, Glycemic Load:0.49, Inflammation Score:-8, Nutrition Score:7.3226087287716%

## Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg

## Nutrients (% of daily need)

Calories: 205.95kcal (10.3%), Fat: 17.71g (27.24%), Saturated Fat: 4.75g (29.68%), Carbohydrates: 4.08g (1.36%), Net Carbohydrates: 2.45g (0.89%), Sugar: 1.01g (1.12%), Cholesterol: 24.48mg (8.16%), Sodium: 1068.2mg (46.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.48g (14.97%), Vitamin B1: 0.27mg (18.04%), Vitamin K: 18.73µg (17.84%), Vitamin B12: 0.81µg (13.48%), Selenium: 8.01µg (11.44%), Iron: 1.96mg (10.88%), Zinc: 1.34mg (8.92%), Vitamin A: 423.26IU (8.47%), Vitamin B6: 0.17mg (8.4%), Vitamin B3: 1.67mg (8.34%), Phosphorus: 78.72mg (7.87%), Vitamin C: 6.4mg (7.76%), Vitamin E: 1.11mg (7.43%), Fiber: 1.63g (6.51%), Vitamin B2: 0.11mg (6.38%), Manganese: 0.12mg (5.86%), Calcium: 57.05mg (5.7%), Copper: 0.08mg (4.04%), Potassium: 130.58mg (3.73%), Vitamin B5: 0.31mg (3.13%), Magnesium: 11.92mg (2.98%), Folate: 4.5µg (1.13%)