



Salad on a Stick

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



262 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 servings bamboo skewers
- 5.4 ounce garlic and herb cheese soft flavored (recommended: Boursin)
- 4 ribs celery cut into 1-inch pieces
- 0.3 cucumber diced seedless
- 0.5 pint grape tomatoes
- 0.5 cup heavy cream whole
- 1 bell pepper green red seeded cut into 1-inch dice
- 2 pieces pieces genoa salami from the deli 1-inch-thick cubed ()

4 servings salt and pepper




Equipment

skewers

Directions

- Combine the veggies and salami on a platter and serve with 1 bamboo skewer per person.
- Blend together the cream or milk and cheese.
- Pour into a dipping dish and season with salt and pepper to taste.
- Place the dip on the platter. Use your skewers to pierce salami and veggies, stacking up a mouthful at a time. Dip each bite in dressing as you eat, but don't double dip, please! Yum-o!
Salad on a stick!

Nutrition Facts

  
PROTEIN 5.59% **FAT 79.92%** **CARBS 14.49%**

Properties

Glycemic Index:35, Glycemic Load:0.88, Inflammation Score:-7, Nutrition Score:8.0173913810564%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 1.82mg, Luteolin: 1.82mg, Luteolin: 1.82mg, Luteolin: 1.82mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 262.44kcal (13.12%), Fat: 24.49g (37.67%), Saturated Fat: 14.45g (90.33%), Carbohydrates: 9.99g (3.33%), Net Carbohydrates: 8g (2.91%), Sugar: 4.11g (4.57%), Cholesterol: 75.61mg (25.2%), Sodium: 457.54mg (19.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.71%), Vitamin C: 34.15mg (41.4%), Vitamin A: 1246.07IU (24.92%), Vitamin K: 23.65µg (22.52%), Potassium: 363.98mg (10.4%), Vitamin B6: 0.17mg (8.4%), Manganese: 0.17mg (8.37%), Fiber: 1.99g (7.98%), Folate: 29.23µg (7.31%), Vitamin B2: 0.11mg (6.38%), Vitamin E: 0.82mg (5.5%), Phosphorus: 54.4mg (5.44%), Calcium: 48.79mg (4.88%), Magnesium: 19.37mg (4.84%), Vitamin B1: 0.06mg (4.32%), Copper: 0.08mg (4.21%), Vitamin B3: 0.7mg (3.48%), Vitamin B5: 0.33mg (3.27%), Vitamin D: 0.48µg (3.17%), Iron: 0.45mg (2.51%), Zinc: 0.34mg (2.27%), Selenium: 1.26µg (1.8%), Vitamin B12: 0.06µg (1.03%)