



## Salami, Cheese and Pickle Kabobs



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



40

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 6 oz summer savory chunk
- ☐ 4 oz cheddar cheese chunk
- ☐ 5 dill pickles
- ☐ 40 frangelico

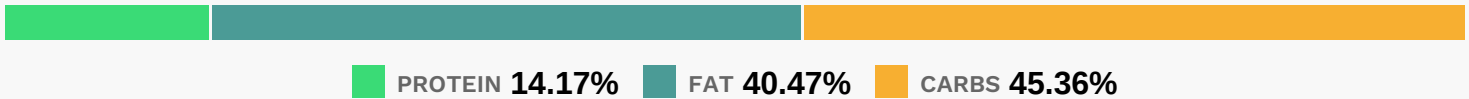
### Equipment

- ☐ toothpicks

# Directions

- ☐ Cut salami into forty 1/2-inch pieces.
- ☐ Cut cheese into five 1/2-inch slices; cut each slice into eight 1/2-inch cubes.
- ☐ Cut pickles into forty 1/2-inch pieces.
- ☐ For each kabob, thread 1 salami piece, 1 pickle piece (with cut side of pickle facing out) and 1 cheese cube on toothpick.

## Nutrition Facts



## Properties

Glycemic Index:0.68, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:3.1813043913116%

## Nutrients (% of daily need)

Calories: 24.11kcal (1.21%), Fat: 1.25g (1.92%), Saturated Fat: 0.69g (4.32%), Carbohydrates: 3.15g (1.05%), Net Carbohydrates: 1.13g (0.41%), Sugar: 0.11g (0.13%), Cholesterol: 2.84mg (0.94%), Sodium: 85.21mg (3.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.97%), Manganese: 0.26mg (13.18%), Calcium: 115.09mg (11.51%), Iron: 1.63mg (9.08%), Fiber: 2.02g (8.1%), Vitamin A: 261.42IU (5.23%), Magnesium: 17.37mg (4.34%), Vitamin B6: 0.08mg (4.06%), Vitamin C: 2.3mg (2.78%), Phosphorus: 20.24mg (2.02%), Zinc: 0.3mg (1.97%), Copper: 0.04mg (1.85%), Potassium: 55.98mg (1.6%), Vitamin B1: 0.02mg (1.44%), Selenium: 1µg (1.43%), Vitamin K: 1.43µg (1.36%), Vitamin B2: 0.02mg (1.01%)