



## Salami, Mozzarella and Basil-Tomato Skewers

 Gluten Free

READY IN



12 min.

SERVINGS



12

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 24 basil leaves
- 24 cherry tomatoes
- 12 ounces mozzarella cheese smoked cut into 1-inch cubes
- 12 servings olive oil
- 12 servings freshly cracked pepper black
- 12 ounces genoa salami cut into 1-inch cubes

### Equipment

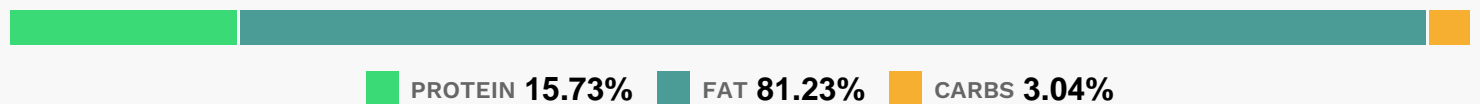
- baking sheet

- grill
- broiler
- skewers

## Directions

- Special equipment: 12 bamboo skewers
- Soak skewers in water for 30 minutes. Preheat grill or broiler on low heat.
- Wrap each tomato with a basil leaf.
- On each skewer, thread a cube of salami, a cube of mozzarella and a basil-wrapped cherry tomato. Repeat with additional salami, mozzarella, and tomato.
- Place the skewers on a baking sheet. Broil 4 to 5 inches from heat about 1 minute or until just warm. (If grilling, place them on the grill over low heat, or as the coals are burning down, for 1 to 2 minutes, turning once.) Watch skewers carefully so that the cheese softens a little but does not melt.
- Arrange skewers on a serving platter.
- Drizzle with oil and sprinkle with cracked pepper.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:13.08, Glycemic Load:0.31, Inflammation Score:-3, Nutrition Score:9.234347841014%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 330.75kcal (16.54%), Fat: 29.94g (46.06%), Saturated Fat: 9.04g (56.49%), Carbohydrates: 2.52g (0.84%), Net Carbohydrates: 2.25g (0.82%), Sugar: 1.14g (1.27%), Cholesterol: 44.79mg (14.93%), Sodium: 822.52mg (35.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.05g (26.09%), Vitamin B12: 1.44µg (24%), Vitamin B1: 0.28mg (18.99%), Phosphorus: 175.4mg (17.54%), Selenium: 12.2µg (17.42%), Calcium: 152.59mg (15.26%), Vitamin E: 2.27mg (15.12%), Zinc: 2.07mg (13.83%), Vitamin K: 13.52µg (12.87%), Vitamin B2: 0.18mg (10.71%), Vitamin B6:

0.19mg (9.74%), Vitamin C: 7.9mg (9.57%), Vitamin B3: 1.81mg (9.03%), Vitamin A: 400.65IU (8.01%), Potassium: 206.66mg (5.9%), Iron: 0.84mg (4.66%), Manganese: 0.09mg (4.3%), Copper: 0.08mg (3.92%), Magnesium: 15.65mg (3.91%), Vitamin B5: 0.39mg (3.87%), Folate: 7.53 $\mu$ g (1.88%), Fiber: 0.28g (1.1%)