



Salami with Manchego Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



30

CALORIES



188 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 pound edamame fresh shelled
- ☐ 1 pound manchego cheese
- ☐ 30 servings genoa salami

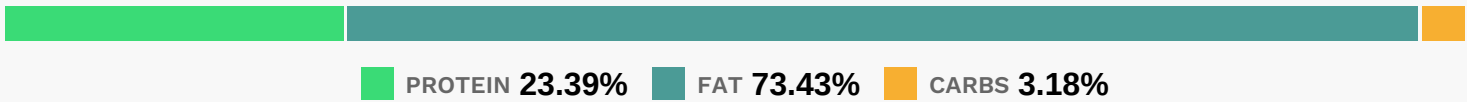
Equipment

- ☐ toothpicks

Directions

- ☐
- Remove outer shells of fresh fava beans. Blanch beans in boiling salted water for 40 seconds; remove and cool. Peel tough skins from beans.
- ☐
- Place 1 bean on a decorative toothpick; repeat with remaining beans, and set aside.
- ☐
- Cut Manchego cheese into 30 (1-inch) squares, about 1/4-inch thick. Wrap 1 piece of cheese in a piece of salami; secure cheese and salami with prepared toothpick.
- ☐
- Serve.

Nutrition Facts



Properties

Glycemic Index:0.93, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:4.8217391455951%

Nutrients (% of daily need)

Calories: 188.02kcal (9.4%), Fat: 15.09g (23.22%), Saturated Fat: 7.11g (44.43%), Carbohydrates: 1.47g (0.49%), Net Carbohydrates: 1.16g (0.42%), Sugar: 0.2g (0.23%), Cholesterol: 38.3mg (12.77%), Sodium: 724.58mg (31.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.82g (21.64%), Vitamin B1: 0.26mg (17.36%), Calcium: 171.65mg (17.17%), Vitamin B12: 0.78µg (13.07%), Selenium: 7.11µg (10.16%), Vitamin B3: 1.57mg (7.84%), Zinc: 1.18mg (7.84%), Vitamin B6: 0.15mg (7.7%), Phosphorus: 64.12mg (6.41%), Vitamin B2: 0.09mg (5.44%), Potassium: 139.96mg (4%), Iron: 0.57mg (3.16%), Vitamin B5: 0.3mg (2.97%), Copper: 0.04mg (2.24%), Vitamin A: 83.16IU (1.66%), Magnesium: 6.16mg (1.54%), Fiber: 0.31g (1.22%)