



## Skewered Persimmon and Herb Bites



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 20 large cilantro leaves
- ☐ 3 tablespoons fish sauce
- ☐ 20 medium basil fresh
- ☐ 2 medium fuyu persimmon pulp cored cut into 10 wedges
- ☐ 1 garlic clove minced
- ☐ 1 spring onion ends trimmed
- ☐ 1.5 tablespoons juice of lime
- ☐ 20 large mint leaves

- ☐ 0.3 tsp pepper red
- ☐ 2 teaspoons sugar
- ☐ 1.5 tablespoons rice vinegar

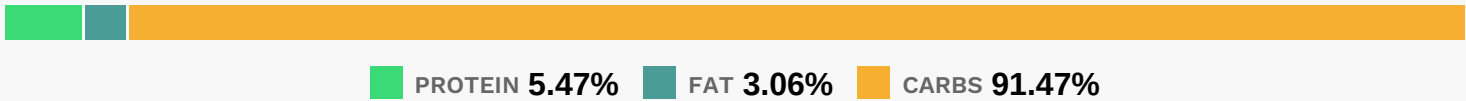
## Equipment

- ☐ bowl
- ☐ skewers

## Directions

- ☐ Combine fish sauce, sugar, vinegar, lime juice, chile flakes, and garlic in a small bowl.
- ☐ Add persimmons and let sit 15 minutes, stirring occasionally. Discard marinade.
- ☐ Split onion lengthwise.
- ☐ Cut into 2-in. lengths, then separate layers. For each skewer, spear a basil leaf followed by a persimmon wedge, onion piece, mint leaf, and cilantro leaf.
- ☐ \*Find in the Asian-foods aisle.
- ☐ Make ahead: Up to 2 hours, chilled airtight.

## Nutrition Facts



## Properties

Glycemic Index:9.55, Glycemic Load:1.79, Inflammation Score:-1, Nutrition Score:1.121739136784%

## Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

## Nutrients (% of daily need)

Calories: 14.89kcal (0.74%), Fat: 0.06g (0.09%), Saturated Fat: 0g (0.01%), Carbohydrates: 3.75g (1.25%), Net Carbohydrates: 3.65g (1.33%), Sugar: 0.32g (0.35%), Cholesterol: 0mg (0%), Sodium: 122.25mg (5.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.45%), Vitamin C: 7.16mg (8.68%), Vitamin K: 5.22µg (4.97%),

Vitamin A: 121.62IU (2.43%), Iron: 0.32mg (1.77%), Potassium: 46.42mg (1.33%), Manganese: 0.02mg (1.03%)