



## Spooky Halloween Skewers

 Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 oz olives black sliced canned
- 12 slices pepperoni
- 3 sticks polly-o mozzarella string cheese kraft

### Equipment

- skewers

### Directions

- CUT each piece of string cheese into four equal pieces.
- Add ingredients to Halloween themed skewers. Chill until serving.

## Nutrition Facts

**PROTEIN 7.08%** **FAT 85.92%** **CARBS 7%**

### Properties

Glycemic Index:2.33, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.6782608738412%

### Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg

### Nutrients (% of daily need)

Calories: 31.35kcal (1.57%), Fat: 3.15g (4.84%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 0.58g (0.19%), Net Carbohydrates: 0.11g (0.04%), Sugar: 0.08g (0.09%), Cholesterol: 2.08mg (0.69%), Sodium: 254.69mg (11.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.17%), Vitamin E: 0.56mg (3.74%), Fiber: 0.47g (1.87%), Vitamin A: 55.74IU (1.11%), Selenium: 0.71µg (1.01%)