

## Tasty Toothpick Appetizers

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



20

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 5 ounce olives green
- 10 ounce maraschino cherries green red drained
- 0.5 pound polish sausage fully cooked cut into 1/2-inch pieces
- 8 ounce processed cheese food cubed

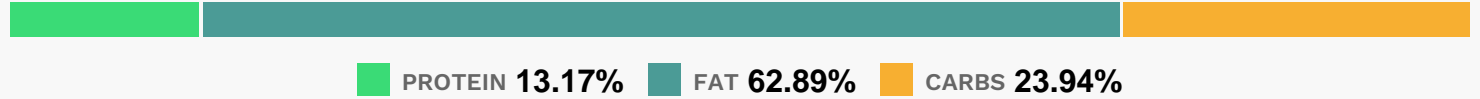
### Equipment

- toothpicks

## Directions

- Onto each toothpick, place one piece of sausage, one cherry, one olive and one cube of cheese. Arrange them neatly on a plate. Eat the entire contents of the toothpick at once, but don't eat the toothpick!

## Nutrition Facts



## Properties

Glycemic Index:2.75, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:2.8199999999741%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

## Nutrients (% of daily need)

Calories: 112.7kcal (5.64%), Fat: 7.98g (12.27%), Saturated Fat: 3.37g (21.05%), Carbohydrates: 6.83g (2.28%), Net Carbohydrates: 6.14g (2.23%), Sugar: 5.79g (6.44%), Cholesterol: 19.28mg (6.43%), Sodium: 399.96mg (17.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.52%), Calcium: 131.2mg (13.12%), Phosphorus: 88.82mg (8.88%), Selenium: 4.39µg (6.27%), Vitamin B12: 0.28µg (4.69%), Vitamin B1: 0.06mg (4.01%), Zinc: 0.54mg (3.61%), Vitamin A: 141.39IU (2.83%), Fiber: 0.69g (2.75%), Vitamin B2: 0.04mg (2.58%), Vitamin E: 0.37mg (2.45%), Copper: 0.04mg (2.21%), Vitamin B3: 0.42mg (2.08%), Iron: 0.33mg (1.84%), Vitamin B6: 0.03mg (1.53%), Magnesium: 5.88mg (1.47%), Potassium: 47.8mg (1.37%), Vitamin B5: 0.11mg (1.06%)