



Tiny Meat and Cheese Bites

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



11 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup savory vegetable drained (from 16-ounce jar)
- ☐ 40 cubes genoa salami hard () (1/2 pound)
- ☐ 40 cubes swiss cheese () (1/4 pound)

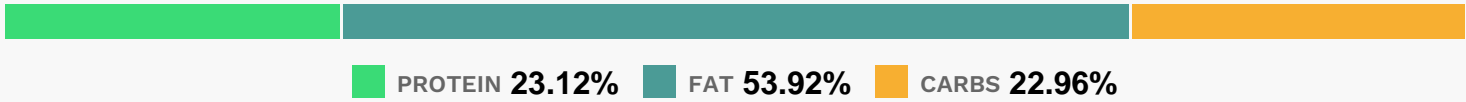
Equipment

- ☐ toothpicks

Directions

- ☐
- Cut larger pieces of vegetable mix into 1/2-inch pieces.
- ☐
- Alternate pieces of salami, vegetables and cheese on toothpicks.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:0.69782608561218%

Nutrients (% of daily need)

Calories: 10.91kcal (0.55%), Fat: 0.67g (1.03%), Saturated Fat: 0.31g (1.91%), Carbohydrates: 0.64g (0.21%), Net Carbohydrates: 0.46g (0.17%), Sugar: 0g (0%), Cholesterol: 1.72mg (0.57%), Sodium: 26.59mg (1.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.29%), Vitamin A: 239.35IU (4.79%), Phosphorus: 10.71mg (1.07%), Calcium: 10.17mg (1.02%)