



Tomato, Cucumber and Melon Skewers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 cherry tomatoes
- ☐ 12 balls cantaloupe (1 inch)
- ☐ 12 balls cucumber (1 inch)
- ☐ 12 bamboo skewers
- ☐ 1 tablespoon maple syrup
- ☐ 1 tablespoon apple cider vinegar
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon parsley fresh chopped

☐ 1 serving salt and pepper

Equipment

☐ bowl

☐ skewers

Directions

- ☐ Heat 2 cups water to boiling over high heat. Meanwhile, cut small "x" into each tomato; place in large heatproof bowl.
- ☐ Pour boiling water over tomatoes.
- ☐ Let stand 2 minutes. Peel skins from tomatoes.
- ☐ Thread 1 cantaloupe ball/cube, 1 cucumber ball/cube and 1 tomato onto each skewer.
- ☐ In small bowl, beat syrup, vinegar, oil and parsley until blended. Season with salt and pepper.
- ☐ Drizzle over skewers.

Nutrition Facts



Properties

Glycemic Index:55.75, Glycemic Load:27.66, Inflammation Score:-10, Nutrition Score:21.257825706316%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 3.42mg, Luteolin: 3.42mg, Luteolin: 3.42mg, Luteolin: 3.42mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 236.24kcal (11.81%), Fat: 4.54g (6.98%), Saturated Fat: 0.77g (4.79%), Carbohydrates: 49g (16.33%), Net Carbohydrates: 44.3g (16.11%), Sugar: 46.23g (51.37%), Cholesterol: 0mg (0%), Sodium: 214.9mg (9.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.94g (9.88%), Vitamin A: 18294.6IU (365.89%), Vitamin C: 70.97mg (86.02%), Vitamin K: 34.49µg (32.85%), Potassium: 970.9mg (27.74%), Copper: 0.5mg (24.85%), Folate: 83µg (20.75%), Manganese: 0.4mg (20.21%), Vitamin B3: 3.98mg (19.89%), Vitamin B1: 0.28mg (18.96%), Magnesium: 75.84mg (18.96%), Fiber: 4.7g (18.8%), Zinc: 2.48mg (16.53%), Iron: 2.48mg (13.75%), Selenium: 9.3µg (13.29%),

Vitamin B2: 0.22mg (12.98%), Vitamin B6: 0.26mg (12.96%), Phosphorus: 106.81mg (10.68%), Vitamin E: 1.08mg (7.22%), Vitamin B5: 0.64mg (6.37%), Calcium: 61.22mg (6.12%)