



Turkey-Cheddar Kabobs With Honey Mustard Dipping Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



27

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 oz cheddar cheese
- ☐ 1 pound deli turkey cut into 1-inch cubes
- ☐ 16 oz dill pickles
- ☐ 1 pt grape tomatoes
- ☐ 27 servings dijon honey mustard
- ☐ 4 inch frangelico
- ☐ 4 inch frangelico

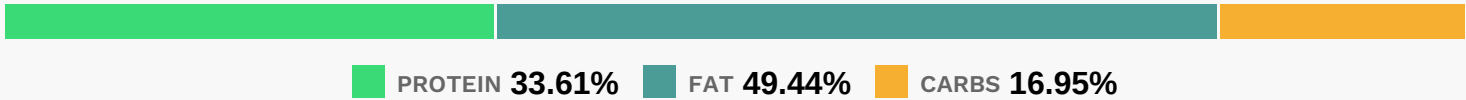
Equipment

- ☐ wooden skewers

Directions

- ☐ Thread 1 each of first 4 ingredients evenly onto wooden skewers. Cover and chill 30 minutes or up to 1 day.
- ☐ Serve kabobs with Honey Mustard Dipping Sauce.
- ☐ Honey Mustard Dipping Sauce: Stir together 3/4 cup light mayonnaise, 1/4 cup coarse grained Dijon mustard, and 2 Tbsp. honey. Cover and chill 20 minutes or up to 3 days. Makes about 1 1/2 cups. Prep: 5 min., Chill: 20 min.

Nutrition Facts



Properties

Glycemic Index:2.41, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:2.5660869621712%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 55.55kcal (2.78%), Fat: 3.08g (4.74%), Saturated Fat: 1.67g (10.41%), Carbohydrates: 2.38g (0.79%), Net Carbohydrates: 2g (0.73%), Sugar: 1.19g (1.32%), Cholesterol: 13.78mg (4.59%), Sodium: 396.81mg (17.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.42%), Phosphorus: 84.34mg (8.43%), Calcium: 72.06mg (7.21%), Vitamin A: 260.89IU (5.22%), Vitamin K: 4.41µg (4.2%), Selenium: 2.38µg (3.4%), Vitamin C: 2.75mg (3.34%), Zinc: 0.5mg (3.34%), Copper: 0.06mg (2.97%), Vitamin B2: 0.05mg (2.94%), Potassium: 101.26mg (2.89%), Magnesium: 9.91mg (2.48%), Iron: 0.29mg (1.59%), Fiber: 0.38g (1.51%), Vitamin B12: 0.09µg (1.48%), Manganese: 0.03mg (1.44%), Folate: 5.74µg (1.43%), Vitamin B6: 0.03mg (1.28%), Vitamin E: 0.18mg (1.19%), Vitamin B1: 0.02mg (1.12%)