



Twister Turkey Kabobs

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 grape tomatoes
- 4 oz polly-o twists cut into thirds kraft
- 8 slices oscar mayer oven roasted turkey breast

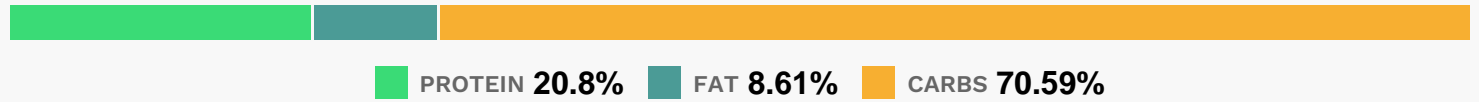
Equipment

- skewers

Directions

Thread ingredients alternately onto 4 skewers.

Nutrition Facts



Properties

Glycemic Index:12.1, Glycemic Load:7.39, Inflammation Score:-2, Nutrition Score:2.5343478126046%

Flavonoids

Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 55.4kcal (2.77%), Fat: 0.54g (0.83%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 9.93g (3.31%), Net Carbohydrates: 9.38g (3.41%), Sugar: 0.68g (0.76%), Cholesterol: 4.9mg (1.63%), Sodium: 240.17mg (10.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.85%), Vitamin B3: 1.55mg (7.74%), Manganese: 0.12mg (6.17%), Folate: 23.24µg (5.81%), Phosphorus: 42.45mg (4.25%), Vitamin B1: 0.06mg (3.85%), Iron: 0.59mg (3.3%), Vitamin B6: 0.06mg (3.1%), Vitamin B2: 0.05mg (2.77%), Potassium: 92.08mg (2.63%), Vitamin C: 2.1mg (2.55%), Selenium: 1.77µg (2.52%), Vitamin A: 114.15IU (2.28%), Fiber: 0.55g (2.2%), Magnesium: 7.28mg (1.82%), Vitamin B5: 0.14mg (1.44%), Copper: 0.03mg (1.38%), Vitamin K: 1.39µg (1.33%), Zinc: 0.19mg (1.27%), Vitamin E: 0.16mg (1.05%)