



Watermelon and Feta Skewers

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



16

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 basil leaves
- ☐ 8 ounce block of feta cheese chilled
- ☐ 1 tablespoon olive oil
- ☐ 1 pinch sea salt
- ☐ 1 pinch coarsely ground grains of paradise black
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Equipment

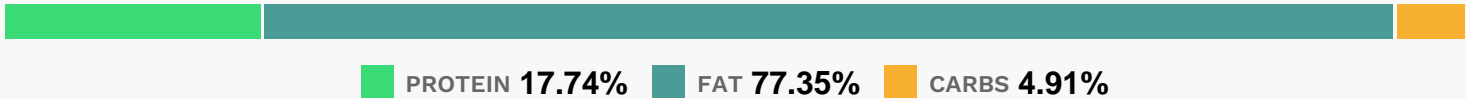
- ☐ mixing bowl

☐ skewers

Directions

- ☐ Cut 16 pieces of watermelon into 1 ½ inch squares about ½-inch thick.
- ☐ Place in a mixing bowl, and add olive oil, salt and grains of paradise or black pepper. Toss to coat all the watermelon evenly.
- ☐ Cut the block of feta cheese into 16 pieces just about the same size as the watermelon pieces.Thread one piece of watermelon and piece of feta cheese on each skewer.
- ☐ Garnish with basil leaves.
- ☐ Serve right away or place in the refrigerator up to 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:6.06, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:1.9278260896225%

Nutrients (% of daily need)

Calories: 45.39kcal (2.27%), Fat: 3.93g (6.04%), Saturated Fat: 2.01g (12.54%), Carbohydrates: 0.56g (0.19%), Net Carbohydrates: 0.55g (0.2%), Sugar: 0g (0%), Cholesterol: 12.62mg (4.21%), Sodium: 164.05mg (7.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.05%), Vitamin B2: 0.12mg (7.06%), Calcium: 70.6mg (7.06%), Phosphorus: 47.99mg (4.8%), Vitamin B12: 0.24µg (3.99%), Vitamin B6: 0.06mg (3.04%), Selenium: 2.13µg (3.04%), Zinc: 0.41mg (2.74%), Vitamin K: 2.44µg (2.33%), Vitamin A: 80.92IU (1.62%), Vitamin B1: 0.02mg (1.46%), Vitamin B5: 0.14mg (1.38%), Folate: 4.81µg (1.2%), Vitamin E: 0.15mg (1.03%)