

Marinated Sausage Kabobs

Scripps Treasure Coast Newspapers

*1/4 cup Extra-virgin olive oil
1 tablespoon white vinegar
1/2 teaspoon garlic, minced
1/2 teaspoon basil;
1/2 teaspoon oregano
12 ounces provolone cheese, cut into
3/4-inch cubes
1 can (6 ounce) pitted olives, drained
4 ounces hard salami, cut into
3/4-inch cubes
1 medium red pepper, cut into
3/4-inch pieces
1 medium green pepper, cut into
3/4-inch pieces*

In a large resealable plastic bag, combine the olive oil, white vinegar, garlic, basil and oregano. Add the remaining ingredients. Seal the bag. Shake well to coat everything really well.

Place in the refrigerator for four hours.

Remove from the refrigerator. Drain and discard the marinade.

Thread each kabob on a toothpick by placing one piece of cheese, olive, salami cube, green pepper and red pepper.

Serve.

Per Serving (excluding unknown items): 1744 Calories; 145g Fat (74.2% calories from fat); 89g Protein; 24g Carbohydrate; 5g Dietary Fiber; 234mg Cholesterol; 2984mg Sodium. Exchanges: 0 Grain(Starch); 10 1/2 Lean Meat; 2 1/2 Vegetable; 21 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1744
% Calories from Fat:	74.2%
% Calories from Carbohydrates:	5.5%
% Calories from Protein:	20.3%
Total Fat (g):	145g
Saturated Fat (g):	65g
Monounsaturated Fat (g):	65g
Polyunsaturated Fat (g):	7g
Cholesterol (mg):	234mg
Carbohydrate (g):	24g

Vitamin B6 (mg):	.8mg
Vitamin B12 (mcg):	5.0mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	1.1mg
Folacin (mcg):	90mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 5g
Protein (g): 89g
Sodium (mg): 2984mg
Potassium (mg): 925mg
Calcium (mg): 2608mg
Iron (mg): 3mg
Zinc (mg): 11mg
Vitamin C (mg): 333mg
Vitamin A (i.u.): 10359IU
Vitamin A (r.e.): 1588 1/2RE

Grain (Starch): 0
Lean Meat: 10 1/2
Vegetable: 2 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 21 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1744 **Calories from Fat:** 1293

% Daily Values*

Total Fat 145g	223%
Saturated Fat 65g	327%
Cholesterol 234mg	78%
Sodium 2984mg	124%
Total Carbohydrates 24g	8%
Dietary Fiber 5g	19%
Protein 89g	
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Vitamin A	207%
Vitamin C	555%
Calcium	261%
Iron	19%

* Percent Daily Values are based on a 2000 calorie diet.