



Antipasti

READY IN



15 min.

SERVINGS



4

CALORIES



1055 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 bottle balsamic vinaigrette
- 1 can garbanzo beans drained
- 1 pound deli meats mixed sliced (suggested: salami, mortadella ham, capicola)
- 4 servings breadsticks
- 8 ounce mozzarella bocconcini fresh
- 16 ounce olive antipasta (recommended: Giuliano)
- 1 cup pepperoncini
- 0.3 pound provolone cheese sliced
- 5 ounce salad mix

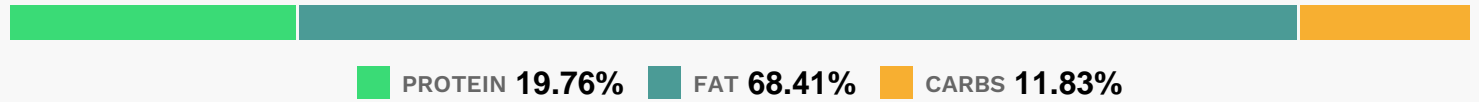
2 tomatoes quartered

Equipment

Directions

- Pour salad mix onto a large platter. Arrange deli meats, cheeses, tomatoes, olives, pepperoncini, and garbanzo beans on top of salad.
- Pour salad dressing over salad.
- Serve with breadsticks.

Nutrition Facts



Properties

Glycemic Index:33.08, Glycemic Load:5.28, Inflammation Score:-9, Nutrition Score:36.36869592252%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 1054.66kcal (52.73%), Fat: 80.8g (124.32%), Saturated Fat: 23.64g (147.75%), Carbohydrates: 31.44g (10.48%), Net Carbohydrates: 20.86g (7.59%), Sugar: 5.58g (6.2%), Cholesterol: 134.66mg (44.89%), Sodium: 4548.24mg (197.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.53g (105.05%), Phosphorus: 717.64mg (71.76%), Calcium: 628.2mg (62.82%), Vitamin B6: 1.23mg (61.58%), Selenium: 43.01µg (61.44%), Manganese: 1.12mg (55.77%), Vitamin B1: 0.82mg (54.83%), Vitamin C: 42.4mg (51.39%), Fiber: 10.58g (42.32%), Vitamin A: 2115.66IU (42.31%), Zinc: 6.29mg (41.9%), Vitamin B12: 2.43µg (40.54%), Vitamin E: 5.45mg (36.32%), Vitamin B2: 0.57mg (33.71%), Vitamin B3: 6.52mg (32.61%), Potassium: 903.31mg (25.81%), Copper: 0.5mg (25.01%), Magnesium: 99.81mg (24.95%), Iron: 3.92mg (21.8%), Folate: 73.25µg (18.31%), Vitamin B5: 1.28mg (12.77%), Vitamin K: 11.32µg (10.78%), Vitamin D: 1.16µg (7.75%)