



Antipasti Chopped Salad

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



338 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 basil leaves fresh chopped
- ☐ 4 servings kosher salt and freshly cracked pepper black
- ☐ 12 ounces marinated artichoke jarred drained chopped
- ☐ 6 ounces mozzarella cheese fresh diced
- ☐ 1 heart romaine chopped
- ☐ 4 ounce spicy salami sweet cut into 1/4-inch pieces

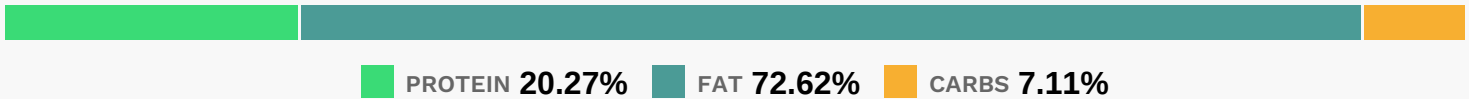
Equipment

- ☐ mixing bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ Put the lettuce, cheese, salami and artichokes in a mixing bowl and toss well.
- ☐ Drizzle just enough liquid from the artichoke jar to lightly moisten the salad; add the basil, season with salt and pepper, to taste, and toss to combine.
- ☐ Transfer the salad to a platter and serve immediately or chill and serve within 2 hours.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:0.39, Inflammation Score:-8, Nutrition Score:11.686956343443%

Flavonoids

Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 337.93kcal (16.9%), Fat: 26.75g (41.15%), Saturated Fat: 9.82g (61.36%), Carbohydrates: 5.89g (1.96%), Net Carbohydrates: 4.03g (1.47%), Sugar: 1.37g (1.53%), Cholesterol: 55.99mg (18.66%), Sodium: 1424.9mg (61.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.8g (33.59%), Vitamin A: 1800.4IU (36.01%), Vitamin B12: 1.76µg (29.39%), Calcium: 239.64mg (23.96%), Vitamin C: 18.32mg (22.21%), Phosphorus: 218.12mg (21.81%), Selenium: 14.46µg (20.66%), Vitamin B1: 0.28mg (18.79%), Zinc: 2.46mg (16.38%), Vitamin B2: 0.22mg (12.9%), Vitamin K: 12.3µg (11.72%), Vitamin B6: 0.18mg (8.92%), Vitamin B3: 1.66mg (8.31%), Fiber: 1.86g (7.46%), Iron: 1.27mg (7.05%), Potassium: 159.76mg (4.56%), Magnesium: 16.37mg (4.09%), Vitamin B5: 0.37mg (3.72%), Folate: 13.74µg (3.44%), Copper: 0.06mg (2.87%), Manganese: 0.06mg (2.77%), Vitamin D: 0.17µg (1.13%)