



Antipasti de Salumi

 Gluten Free

READY IN



20 min.

SERVINGS



12

CALORIES



334 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 servings pepper black freshly ground
- 1 cantaloupe for garnish
- 0.3 pound fontina thinly sliced cut into decorative christmas tree shapes
- 1 honeydew for garnish
- 1 juice of lemon juiced
- 16 slices imported mortadella
- 0.3 pound mozzarella cheese sliced cut into decorative star shapes
- 0.3 cup olive oil extra-virgin

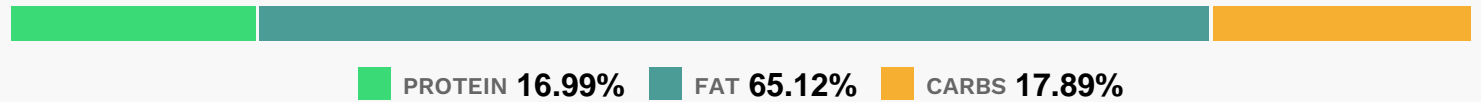
- 1 ounce parmesan shaved
- 16 slices prosciutto san daniele
- 16 slices imported sopressata
- 5 ounces imported bresaola paper thin sliced
- 5 ounces imported bresaola paper thin sliced

Equipment

Directions

- Arrange all ingredients decoratively on platter.
- Arrange the bresaola on serving platter or on individual dishes.
- Drizzle with the olive oil, and sprinkle with lemon juice and several grindings of black pepper. Top with Parmesan.

Nutrition Facts



Properties

Glycemic Index:19.71, Glycemic Load:2.66, Inflammation Score:-8, Nutrition Score:11.900869587193%

Flavonoids

Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg
 Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.12mg,
 Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin:
 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg
 Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.03mg, Kaempferol: 0.03mg,
 Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:
 0.01mg

Nutrients (% of daily need)

Calories: 333.96kcal (16.7%), Fat: 24.47g (37.64%), Saturated Fat: 9.29g (58.08%), Carbohydrates: 15.12g (5.04%),
 Net Carbohydrates: 13.87g (5.04%), Sugar: 12.64g (14.05%), Cholesterol: 50.24mg (16.75%), Sodium: 817.39mg
 (35.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.37g (28.73%), Vitamin A: 1803.6IU (36.07%),
 Vitamin C: 25.18mg (30.52%), Selenium: 15.29µg (21.85%), Vitamin B12: 1.16µg (19.33%), Phosphorus: 175.85mg
 (17.58%), Calcium: 160.45mg (16.04%), Vitamin B1: 0.24mg (15.69%), Zinc: 2.11mg (14.1%), Potassium: 436.25mg

(12.46%), Vitamin B6: 0.25mg (12.44%), Vitamin B3: 2.44mg (12.19%), Vitamin B2: 0.17mg (9.85%), Vitamin K: 8.1µg (7.72%), Folate: 29.68µg (7.42%), Magnesium: 27.97mg (6.99%), Vitamin B5: 0.56mg (5.62%), Vitamin E: 0.84mg (5.61%), Iron: 0.97mg (5.39%), Copper: 0.11mg (5.33%), Fiber: 1.25g (5.02%), Manganese: 0.08mg (4.09%), Vitamin D: 0.36µg (2.41%)