



## Antipasti Dinner Salad

READY IN



25 min.

SERVINGS



4

CALORIES



634 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 3 stalks celery thinly sliced
- 10 basil leaves fresh sliced
- 2 large cloves garlic smashed
- 4 servings kosher salt
- 8 ounces mozzarella balls halved (bocconcini)
- 20 cured olives black pitted halved (such as kalamata or nicoise)
- 0.5 cup olive oil extra-virgin plus more for drizzling
- 4 servings pepper freshly ground
- 1 small head radicchio thinly sliced

- 2 tablespoons red wine vinegar
- 2 romaine lettuce hearts halved lengthwise
- 8 slices rustic bread italian
- 6 ounces deli- salami hard cut into strips

## Equipment

- bowl
- frying pan
- whisk

## Directions

- Heat 3 tablespoons olive oil in a large skillet over medium heat.
- Add the garlic and cook until fragrant, about 1 minute. Increase the heat to high; add the bread in batches and toast until golden on both sides. Set aside and season with salt.
- Whisk the vinegar, the remaining 5 tablespoons oil, 1/2 teaspoon salt and pepper to taste in a large bowl.
- Add the radicchio, celery, salami, basil, mozzarella and olives; toss to coat.
- Place 1 romaine half on each plate.
- Drizzle with olive oil and season with salt and pepper. Spoon the salad onto each wedge, drizzling any remaining dressing on top; serve with the toasts.
- Photograph by Antonis Achilleos

## Nutrition Facts



**PROTEIN 15.06%** **FAT 68.82%** **CARBS 16.12%**

## Properties

Glycemic Index:48, Glycemic Load:0.48, Inflammation Score:-8, Nutrition Score:18.27999991956%

## Flavonoids

Cyanidin: 47.62mg, Cyanidin: 47.62mg, Cyanidin: 47.62mg, Cyanidin: 47.62mg Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg,

Apigenin: 0.88mg Luteolin: 14.71mg, Luteolin: 14.71mg, Luteolin: 14.71mg, Luteolin: 14.71mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.27mg, Quercetin: 12.27mg, Quercetin: 12.27mg, Quercetin: 12.27mg

## **Nutrients (% of daily need)**

Calories: 634.1kcal (31.71%), Fat: 49.26g (75.78%), Saturated Fat: 17.96g (112.23%), Carbohydrates: 25.97g (8.66%), Net Carbohydrates: 22.72g (8.26%), Sugar: 13.28g (14.76%), Cholesterol: 54.01mg (18%), Sodium: 1689.89mg (73.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.25g (48.51%), Vitamin K: 126.64µg (120.6%), Vitamin B1: 0.48mg (32.1%), Vitamin A: 1496.26IU (29.93%), Calcium: 247.7mg (24.77%), Vitamin B3: 4.48mg (22.42%), Folate: 79.73µg (19.93%), Vitamin B12: 1.19µg (19.84%), Selenium: 11.72µg (16.74%), Vitamin E: 2.5mg (16.64%), Vitamin B6: 0.31mg (15.72%), Zinc: 2.21mg (14.71%), Phosphorus: 142.99mg (14.3%), Potassium: 495.08mg (14.15%), Fiber: 3.24g (12.98%), Vitamin B2: 0.22mg (12.78%), Copper: 0.25mg (12.38%), Iron: 2.03mg (11.29%), Manganese: 0.19mg (9.37%), Magnesium: 29.98mg (7.5%), Vitamin B5: 0.66mg (6.62%), Vitamin C: 5.18mg (6.27%)