



## Antipasti Platter

READY IN



855 min.

SERVINGS



8

CALORIES



815 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 teaspoon pepper black freshly ground
- 1 loaf focaccia bread sliced
- 2 tablespoons capers drained
- 1 pound deli meats assorted sliced (such as salami, spicy capocollo, prosciutto, mortadella, and bresaola)
- 2 tablespoon basil leaves fresh chopped
- 6 basil leaves fresh chopped
- 2 garlic cloves minced
- 0.3 cup kalamata olives pitted thinly sliced

- 1.5 cups kalamata olives
- 1 tablespoon lemon zest
- 0.3 cup olive oil
- 0.5 cup olive oil
- 3 tablespoons olive oil
- 1.5 cups sicilian cracked olives green
- 2 orange bell pepper
- 0.5 pound parmigiano-reggiano cut into irregular chunks
- 3 bell peppers red
- 0.5 teaspoon pepper flakes dried red crushed
- 2 teaspoons salt
- 8 servings salt and pepper black freshly ground

## Equipment

- bowl
- frying pan
- baking sheet
- aluminum foil
- broiler
- ziploc bags

## Directions

- Watch how to make this recipe.
- Arrange the meats, cheeses, and foccacia on a large platter. Arrange a platter of Pinzimonio.
- Place the Marinated Olives and Roasted Red Pepper Salad in small serving bowls.
- Serve, allowing guests to compose their own assortment of antipasti on their plate.;
- Assorted cut-up vegetables (such as carrots, celery, fennel bulb, radishes, red and orange bell peppers, and cherry tomatoes)
- Stir the oil, salt, and pepper in a small bowl to blend. Arrange the vegetables on a platter.

- Serve the vegetables with the dip.
- Stir the oil, lemon zest, and red pepper flakes in a heavy small skillet over medium heat just until fragrant, about 1 minute.
- Remove from the heat.
- Add the olives and toss to coat.
- Add the basil; toss to coat.
- Serve.
- Preheat the broiler. Cover a heavy baking sheet with foil. Arrange the bell peppers on the baking sheet. Broil until the skins brown and blister, turning the peppers over occasionally, about 15 minutes. Enclose the peppers in a resealable plastic bag. Set aside until cooled to room temperature, about 20 minutes.
- Peel, seed, and cut the peppers into 1/2-inch thick strips. Toss the pepper strips, olives, oil, capers, basil, garlic, salt, and pepper in a medium bowl to combine. Cover and refrigerate up to 2 days.

## Nutrition Facts

**PROTEIN 13.53%** **FAT 62.5%** **CARBS 23.97%**

### Properties

Glycemic Index:47.96, Glycemic Load:22.99, Inflammation Score:-10, Nutrition Score:31.602608805117%

### Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 2.64mg, Kaempferol: 2.64mg, Kaempferol: 2.64mg, Kaempferol: 2.64mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

### Nutrients (% of daily need)

Calories: 814.66kcal (40.73%), Fat: 57.26g (88.1%), Saturated Fat: 16.01g (100.07%), Carbohydrates: 49.43g (16.48%), Net Carbohydrates: 42.31g (15.39%), Sugar: 8.59g (9.54%), Cholesterol: 56.7mg (18.9%), Sodium: 2751.4mg (119.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.89g (55.77%), Vitamin C: 96.8mg (117.34%), Selenium: 43.02µg (61.45%), Manganese: 1.18mg (59%), Vitamin A: 2878.21IU (57.56%), Calcium: 486.25mg (48.62%), Phosphorus: 412.44mg (41.24%), Vitamin B3: 8.02mg (40.09%), Vitamin E: 5.98mg (39.87%), Vitamin B1: 0.57mg (38.14%), Fiber: 7.12g (28.49%), Folate: 111.35µg (27.84%), Vitamin B6: 0.52mg (26.04%), Vitamin B2: 0.43mg (25.18%), Iron: 4.34mg (24.12%), Vitamin K: 22.46µg (21.39%), Magnesium: 71.51mg (17.88%), Zinc:

2.58mg (17.17%), Vitamin B5: 1.4mg (14.04%), Potassium: 453.48mg (12.96%), Copper: 0.26mg (12.93%), Vitamin B12: 0.62µg (10.39%), Vitamin D: 0.37µg (2.46%)