



Antipasti Platter

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



130 min.

SERVINGS



4

CALORIES



351 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 ounce olives black pitted rinsed drained canned
- 8 ounces carrots sliced lengthwise into thin sticks
- 0.3 head cauliflower sliced into thin florets, 1 3/4 cups
- 1 teaspoon basil dried
- 1 tablespoon parsley fresh chopped
- 2 cloves garlic
- 2 cloves garlic minced
- 1 bell pepper green

- 2 jalapeño peppers
- 2 tablespoons kosher salt
- 4 servings kosher salt and pepper black freshly ground
- 1 teaspoon lemon zest fresh grated
- 0.3 cup olive oil
- 0.5 cup olive oil to cover
- 0.8 teaspoon oregano dried
- 1 teaspoon oregano dried
- 1 bell pepper red
- 0.3 teaspoon pepper flakes red
- 0.3 cup sugar
- 0.5 cup onion sweet thinly sliced
- 0.5 cup water
- 1 cup distilled vinegar white

Equipment

- bowl
- oven
- pot
- plastic wrap
- grill
- broiler

Directions

- Watch how to make this recipe.
- Place the cauliflower, carrots, onion, and oregano in a shallow heat-proof glass or nonreactive bowl. Bring the sugar, salt, vinegar, and water to a boil in a small pot, stirring until the sugar and salt are dissolved.
- Pour the hot brine over the vegetables, stir to combine and cover with plastic wrap.

- Let the vegetables stand, stirring occasionally, 30 minutes.
- Serve at room temperature or place in the refrigerator and chill for 1 hour or up to 2 days.
- Preheat a grill, broiler or oven on high heat. Grill, broil or roast the peppers until the skin is black and blistered.
- Place in a small bowl and cover with plastic wrap.
- Let stand about 15 minutes, or until cool enough to handle, but still warm. Rub the skin off the peppers, then seed and cut into about 1-inch slices.
- Place in a jam jar or small container and season with salt and pepper.
- Add the garlic and pour in the olive oil until peppers are completely covered.
- Let stand about 30 minutes and serve at room temperature or place in the refrigerator for up to 2 weeks, keep covered with oil.
- Mix the olives, parsley, garlic, basil, oregano, lemon zest, red pepper flakes, and olive oil in a bowl and let the olives marinate for 30 minutes before serving.

Nutrition Facts

PROTEIN 3.15% **FAT 65.13%** **CARBS 31.72%**

Properties

Glycemic Index:101.73, Glycemic Load:11.74, Inflammation Score:-10, Nutrition Score:20.147826153299%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg Luteolin: 2.07mg, Luteolin: 2.07mg, Luteolin: 2.07mg, Luteolin: 2.07mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg

Nutrients (% of daily need)

Calories: 351.25kcal (17.56%), Fat: 25.96g (39.94%), Saturated Fat: 3.61g (22.53%), Carbohydrates: 28.45g (9.48%), Net Carbohydrates: 22.55g (8.2%), Sugar: 19.47g (21.63%), Cholesterol: 0mg (0%), Sodium: 4212.23mg (183.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Vitamin A: 10895.58IU (217.91%), Vitamin C: 94.86mg (114.98%), Vitamin K: 56.51µg (53.82%), Vitamin E: 5.83mg (38.84%), Fiber: 5.9g (23.6%), Vitamin B6: 0.42mg (21.02%), Manganese: 0.41mg (20.39%), Folate: 60.26µg (15.06%), Potassium: 504.92mg (14.43%), Calcium: 93.72mg (9.37%), Iron: 1.68mg (9.35%), Copper: 0.17mg (8.3%), Magnesium: 33.11mg (8.28%), Vitamin B1: 0.12mg (7.84%), Vitamin B3: 1.5mg (7.48%), Phosphorus: 68.56mg (6.86%), Vitamin B2: 0.12mg (6.82%), Vitamin B5:

0.61mg (6.06%), Zinc: 0.51mg (3.42%), Selenium: 1.72µg (2.46%)