



Antipasti Platter

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



318 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon balsamic vinegar
- 0.5 pound olives green black assorted
- 0.3 pounds grilled eggplant
- 0.8 pound marinated plain (small mozzarella balls)
- 7 ounce marinated artichoke
- 0.5 pound marinated mushrooms
- 2 pounds bell peppers red
- 8 servings salt and pepper black freshly ground

- 0.5 pound soppressata italian hard thinly sliced (sausage)
- 0.3 pound grilled zucchini

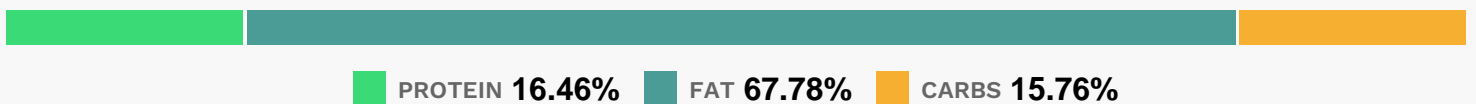
Equipment

- bowl
- ziploc bags
- tongs
- broiler pan

Directions

- Arrange all components decoratively on a large platter.
- Lay peppers on their sides on racks of gas burners and turn flames on moderately high. Roast, turning frequently with tongs, until skins are blackened, 5 to 8 minutes. (Or broil on rack of a broiler pan about 4 inches from heat, turning frequently, 15 to 20 minutes.)
- Transfer to a bowl, then cover, and let steam 10 minutes. Alternatively, place peppers in resealable plastic bags to steam. Peel peppers and discard stems and seeds.
- Cut lengthwise into 1-inch-wide strips.
- In a bowl, place cleaned peppers. Douse with balsamic vinegar, salt, and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:23.38, Glycemic Load:1.83, Inflammation Score:-10, Nutrition Score:17.05086942341%

Flavonoids

Delphinidin: 12.15mg, Delphinidin: 12.15mg, Delphinidin: 12.15mg, Delphinidin: 12.15mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 318.34kcal (15.92%), Fat: 24.97g (38.41%), Saturated Fat: 7.12g (44.52%), Carbohydrates: 13.05g (4.35%), Net Carbohydrates: 8.65g (3.15%), Sugar: 6.32g (7.02%), Cholesterol: 36.85mg (12.28%), Sodium: 825.94mg

(35.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.65g (27.29%), Vitamin C: 153.77mg (186.39%), Vitamin A: 3942.12IU (78.84%), Vitamin B6: 0.46mg (22.96%), Vitamin E: 2.93mg (19.55%), Calcium: 189.12mg (18.91%), Fiber: 4.41g (17.62%), Vitamin B1: 0.24mg (16.02%), Folate: 61.82µg (15.45%), Potassium: 395.93mg (11.31%), Vitamin B3: 2.26mg (11.28%), Manganese: 0.22mg (10.84%), Selenium: 7.47µg (10.68%), Vitamin B2: 0.16mg (9.69%), Phosphorus: 80.2mg (8.02%), Iron: 1.25mg (6.94%), Vitamin K: 7.22µg (6.88%), Magnesium: 25.64mg (6.41%), Zinc: 0.87mg (5.82%), Vitamin B5: 0.58mg (5.81%), Copper: 0.1mg (4.84%), Vitamin B12: 0.26µg (4.3%)