



Antipasto

 Gluten Free

READY IN



255 min.

SERVINGS



8

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

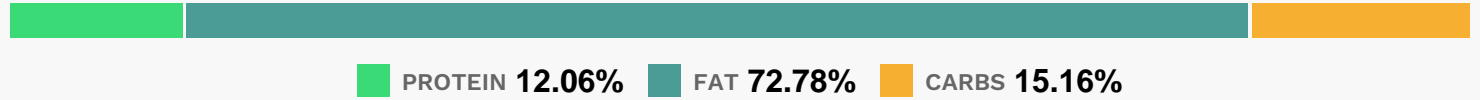
- 14 oz artichoke hearts drained quartered canned
- 1 cup olives black pitted
- 1 cup cherry tomatoes halved
- 8 oz 1 bottle (8 oz.) kraft zesty italian dressing italian kraft
- 4 oz mozzarella cheese cut into sticks kraft ()
- 10 pepperoncini peppers
- 3 oz oscar mayer pepperoni

Equipment

Directions

- Pour dressing over all remaining ingredients except cheese in shallow dish; stir to evenly coat ingredients with dressing.
- Refrigerate several hours.
- Spoon marinated ingredients onto platter; top with cheese.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:0.12, Inflammation Score:-3, Nutrition Score:6.1808696000472%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 206.79kcal (10.34%), Fat: 16.73g (25.74%), Saturated Fat: 4.93g (30.84%), Carbohydrates: 7.84g (2.61%), Net Carbohydrates: 5.96g (2.17%), Sugar: 4.39g (4.88%), Cholesterol: 21.51mg (7.17%), Sodium: 988.46mg (42.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.48%), Vitamin K: 18.76µg (17.87%), Vitamin C: 14.7mg (17.82%), Vitamin E: 1.59mg (10.61%), Selenium: 6.34µg (9.06%), Calcium: 89.86mg (8.99%), Phosphorus: 81.12mg (8.11%), Vitamin B12: 0.46µg (7.69%), Fiber: 1.88g (7.51%), Vitamin B6: 0.13mg (6.32%), Vitamin A: 305.92IU (6.12%), Manganese: 0.11mg (5.42%), Zinc: 0.76mg (5.05%), Vitamin B2: 0.08mg (4.67%), Vitamin B3: 0.88mg (4.38%), Potassium: 143.41mg (4.1%), Vitamin B1: 0.06mg (3.94%), Copper: 0.06mg (3.13%), Iron: 0.54mg (3.02%), Magnesium: 11.82mg (2.96%), Vitamin B5: 0.21mg (2.07%), Folate: 8.08µg (2.02%), Vitamin D: 0.19µg (1.3%)