



Antipasto

 Gluten Free  Dairy Free

READY IN



570 min.

SERVINGS



8

CALORIES



310 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon pickling spice
- 1 cup olives black
- 4 cups mushrooms canned
- 6 ounce tuna flaked drained canned
- 2 cups carrots chopped
- 4 cups cauliflower chopped
- 2 cups celery chopped
- 2 cucumbers peeled seeded chopped

- 2 cups bell peppers green chopped
- 1 cup olives green pitted
- 4 cups pearl onions
- 2 cups bell peppers red chopped
- 6 ounce tomato paste canned
- 2 cups vegetable oil
- 2 cups distilled vinegar white

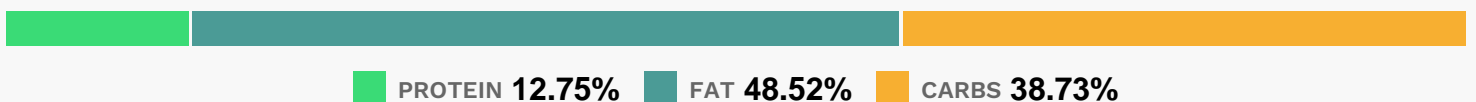
Equipment

- bowl
- sauce pan

Directions

- In a large bowl with enough lightly salted water to cover, place the cauliflower, pearl onions, red bell peppers, green bell peppers, celery and cucumbers. Soak 8 to 12 hours, or overnight.
- In a small bowl with enough lightly salted water to cover, place the carrots. Soak 8 to 12 hours, or overnight.
- In a large saucepan, place the vegetable oil, vinegar, tomato paste and pickling spice. Bring the mixture to a boil.
- Drain and rinse the carrots, and place them in the mixture. Boil 10 minutes.
- Drain and rinse the vegetables in the cauliflower mixture.
- Place them into the saucepan. Cook 10 minutes, or until the cauliflower is tender but crisp.
- Stir black olives, green olives, mushrooms and tuna into the mixture.
- Remove the mixture from heat. Discard the wrapped pickling spice. While still hot, transfer to sterile containers and refrigerate.

Nutrition Facts



Properties

Glycemic Index:35.98, Glycemic Load:5.26, Inflammation Score:-10, Nutrition Score:29.183478116989%

Flavonoids

Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Luteolin: 2.54mg, Luteolin: 2.54mg, Luteolin: 2.54mg, Luteolin: 2.54mg Isorhamnetin: 5.93mg, Isorhamnetin: 5.93mg, Isorhamnetin: 5.93mg, Isorhamnetin: 5.93mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 25.36mg, Quercetin: 25.36mg, Quercetin: 25.36mg, Quercetin: 25.36mg

Nutrients (% of daily need)

Calories: 309.71kcal (15.49%), Fat: 17.3g (26.62%), Saturated Fat: 2.65g (16.57%), Carbohydrates: 31.08g (10.36%), Net Carbohydrates: 20.65g (7.51%), Sugar: 14.36g (15.96%), Cholesterol: 7.65mg (2.55%), Sodium: 1000.49mg (43.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.23g (20.45%), Vitamin C: 117.55mg (142.49%), Vitamin A: 7041.69IU (140.83%), Vitamin K: 63.01µg (60.01%), Fiber: 10.43g (41.71%), Vitamin B6: 0.7mg (35.21%), Manganese: 0.68mg (34.06%), Folate: 115.87µg (28.97%), Selenium: 19.58µg (27.98%), Potassium: 975.12mg (27.86%), Vitamin E: 3.95mg (26.34%), Vitamin B3: 5.13mg (25.67%), Copper: 0.46mg (23.07%), Phosphorus: 200.5mg (20.05%), Magnesium: 73.33mg (18.33%), Vitamin B1: 0.27mg (17.96%), Iron: 3.17mg (17.62%), Vitamin B5: 1.71mg (17.11%), Calcium: 146.23mg (14.62%), Vitamin B2: 0.21mg (12.51%), Zinc: 1.54mg (10.29%), Vitamin B12: 0.55µg (9.11%), Vitamin D: 0.41µg (2.74%)