



Antipasto

 Gluten Free

READY IN



42 min.

SERVINGS



8

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 12 ounce marinated artichoke hearts undrained quartered
- ☐ 8 ounce mushrooms whole drained
- ☐ 0.8 ounce part-skim mozzarella cheese light
- ☐ 0.5 ounce pancetta
- ☐ 12 ounce roasted bell peppers red drained cut into 1- inch-wide strips

☐ 0.5 ounce turkey salami

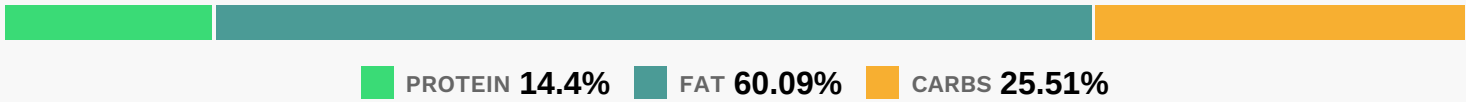
Equipment

☐ bowl

Directions

- ☐ Combine first 6 ingredients in a bowl; toss well. Cover; let stand 30 minutes, or chill overnight.
- ☐ Arrange prosciutto, salami, and cheese around outside edge of a large serving platter. Spoon bell pepper mixture onto center of platter.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.26, Inflammation Score:-5, Nutrition Score:5.8669565067343%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 77.57kcal (3.88%), Fat: 5.26g (8.09%), Saturated Fat: 0.98g (6.15%), Carbohydrates: 5.02g (1.67%), Net Carbohydrates: 3.33g (1.21%), Sugar: 1.02g (1.14%), Cholesterol: 3.78mg (1.26%), Sodium: 774.87mg (33.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.67%), Vitamin C: 29.51mg (35.77%), Vitamin A: 687.61IU (13.75%), Vitamin B2: 0.14mg (8.21%), Copper: 0.15mg (7.63%), Vitamin B3: 1.44mg (7.18%), Fiber: 1.69g (6.77%), Vitamin B6: 0.13mg (6.25%), Manganese: 0.11mg (5.5%), Selenium: 3.83µg (5.47%), Phosphorus: 51.1mg (5.11%), Calcium: 49.92mg (4.99%), Potassium: 165.44mg (4.73%), Iron: 0.85mg (4.7%), Vitamin B5: 0.47mg (4.68%), Folate: 12.32µg (3.08%), Vitamin B1: 0.04mg (2.71%), Zinc: 0.35mg (2.34%), Magnesium: 8.99mg (2.25%), Vitamin K: 2.33µg (2.22%)