



 **29%**
HEALTH SCORE

Antipasto Appetizer Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



216 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 16 ounces bell pepper sweet red drained
- 0.5 pound part-skim mozzarella cheese cubed
- 1 cup grape tomatoes
- 7.5 ounces marinated artichoke undrained quartered
- 7 ounces pimientos drained
- 6 ounces olives pitted ripe drained canned
- 1 teaspoon basil dried
- 1 teaspoon parsley dried

- 1 serving bell pepper to taste
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- 1 slices the of 1 cos lettuce toasted

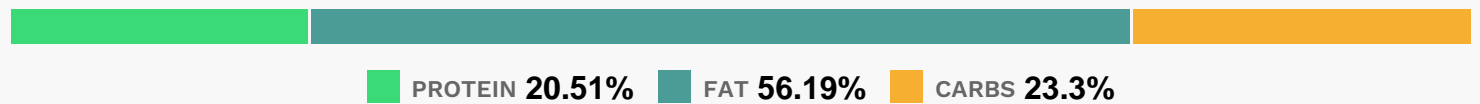
Equipment

- bowl

Directions

- In a large bowl, combine the first 9 ingredients; toss to coat. Cover and refrigerate for at least 4 hours before serving.
- Serve with baguette slices or over lettuce.

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:2.1, Inflammation Score:-10, Nutrition Score:19.171304371046%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 216.41kcal (10.82%), Fat: 14.03g (21.58%), Saturated Fat: 4.84g (30.26%), Carbohydrates: 13.09g (4.36%), Net Carbohydrates: 8.2g (2.98%), Sugar: 6.91g (7.68%), Cholesterol: 24.19mg (8.06%), Sodium: 821.99mg (35.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.52g (23.04%), Vitamin C: 173.82mg (210.69%), Vitamin A: 4893.19IU (97.86%), Calcium: 333.23mg (33.32%), Vitamin B6: 0.44mg (21.84%), Phosphorus: 215.74mg (21.57%), Vitamin E: 3.15mg (21.01%), Fiber: 4.88g (19.53%), Folate: 57.26µg (14.32%), Vitamin K: 14.51µg (13.82%), Vitamin B2: 0.23mg (13.72%), Potassium: 383.5mg (10.96%), Iron: 1.81mg (10.07%), Manganese: 0.19mg (9.66%), Zinc: 1.44mg (9.58%), Selenium: 5.87µg (8.39%), Magnesium: 30.19mg (7.55%), Vitamin B3: 1.5mg (7.49%), Vitamin B1: 0.08mg (5.56%), Vitamin B12: 0.31µg (5.17%), Copper: 0.1mg (4.94%), Vitamin B5: 0.38mg (3.82%)