



 **19%**
HEALTH SCORE

Antipasto Bowl

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 ounce artichoke hearts drained quartered canned
- 3 cups asparagus sliced (2-inch) ()
- 1 cup bell pepper red
- 0.3 teaspoon pepper black
- 0.3 cup apple cider vinegar
- 0.3 cup parsley fresh finely chopped
- 3 garlic clove minced
- 0.8 pound mushrooms quartered

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- 2 tablespoons olive oil extra virgin extra-virgin
- 0.5 cup olives pitted ripe
- 2 teaspoons oregano dried
- 0.7 cup part-skim mozzarella cheese cubed
- 11.5 ounce pepperoncini peppers drained
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- 0.3 teaspoon salt
- 1 teaspoon sugar

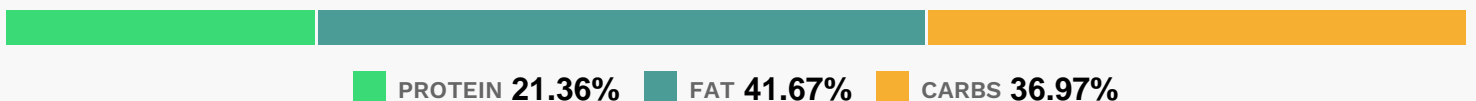
Equipment

- bowl
- whisk

Directions

- Steam asparagus, covered, for 2 minutes.
- Drain and plunge into ice water; drain well.
- Combine the asparagus, mushrooms, and the next 5 ingredients (mushrooms through pepperoncini peppers) in a large bowl.
- Combine vinegar and remaining ingredients in a small bowl; stir well with a whisk.
- Pour vinaigrette over the vegetable mixture, tossing gently to coat. Cover and marinate in refrigerator 2 hours; stir occasionally.
- Note: Can be served chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:16.85, Glycemic Load:0.66, Inflammation Score:-6, Nutrition Score:9.0734782529914%

Flavonoids

Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 56.72kcal (2.84%), Fat: 2.84g (4.37%), Saturated Fat: 0.69g (4.31%), Carbohydrates: 5.67g (1.89%), Net Carbohydrates: 3.1g (1.13%), Sugar: 2.45g (2.72%), Cholesterol: 2.39mg (0.8%), Sodium: 185.52mg (8.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.55%), Vitamin C: 39.48mg (47.85%), Vitamin K: 26.37µg (25.11%), Vitamin B2: 0.2mg (11.94%), Vitamin A: 594.04IU (11.88%), Fiber: 2.57g (10.28%), Vitamin B6: 0.2mg (10.19%), Vitamin B3: 1.94mg (9.68%), Copper: 0.19mg (9.37%), Folate: 31.19µg (7.8%), Potassium: 264.26mg (7.55%), Phosphorus: 71.28mg (7.13%), Vitamin B5: 0.69mg (6.86%), Vitamin E: 0.95mg (6.34%), Selenium: 4.38µg (6.26%), Manganese: 0.12mg (6.05%), Vitamin B1: 0.09mg (6%), Iron: 0.95mg (5.3%), Calcium: 47.35mg (4.73%), Magnesium: 14.81mg (3.7%), Zinc: 0.51mg (3.4%)