



Antipasto Jumble



Vegetarian



Gluten Free

READY IN



75 min.

SERVINGS



14

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups grape tomatoes
- ☐ 1 cup baby carrots fresh
- ☐ 1 cup kalamata olives pitted
- ☐ 6 oz individual string cheese sticks cut into 1/2-inch chunks (1 cup)
- ☐ 7 oz pimiento stuffed olives green drained (1 cup)
- ☐ 6 oz mushrooms whole drained
- ☐ 0.3 cup basil pesto refrigerated
- ☐ 0.3 cup salad dressing italian

- ☐ 1 teaspoon orange zest grated
- ☐ 0.5 teaspoon pepper red crushed

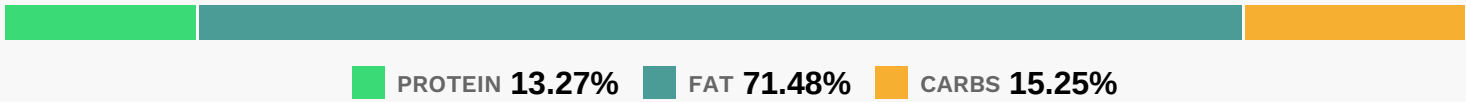
Equipment

- ☐ bowl

Directions

- ☐ In large glass or ceramic serving bowl, mix all antipasto ingredients.
- ☐ In small bowl, mix all marinade ingredients until blended.
- ☐ Pour marinade over antipasto; toss well. Refrigerate at least 1 hour or until serving time.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.31, Inflammation Score:-8, Nutrition Score:4.1295651450105%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 106.54kcal (5.33%), Fat: 8.87g (13.65%), Saturated Fat: 2.43g (15.16%), Carbohydrates: 4.26g (1.42%), Net Carbohydrates: 2.72g (0.99%), Sugar: 1.96g (2.18%), Cholesterol: 6.92mg (2.31%), Sodium: 560.11mg (24.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.42%), Vitamin A: 1645.98IU (32.92%), Vitamin E: 1.14mg (7.62%), Fiber: 1.54g (6.16%), Vitamin K: 5.3µg (5.05%), Copper: 0.09mg (4.53%), Vitamin C: 3.62mg (4.39%), Potassium: 125.98mg (3.6%), Calcium: 34.57mg (3.46%), Vitamin B2: 0.06mg (3.45%), Vitamin B3: 0.69mg (3.44%), Vitamin B6: 0.05mg (2.55%), Vitamin B5: 0.24mg (2.44%), Manganese: 0.05mg (2.31%), Selenium: 1.53µg (2.18%), Folate: 8.5µg (2.13%), Iron: 0.37mg (2.04%), Phosphorus: 19.94mg (1.99%), Magnesium: 7.32mg (1.83%), Vitamin B1: 0.03mg (1.78%)