



Antipasto Plate

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



770 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large bunch ginger tea bags
- ☐ 6 servings pepper black freshly ground
- ☐ 1 pound mozzarella fresh cut into 1-inch cubes (bocconcini)
- ☐ 12 ounce giardiniera drained
- ☐ 6 servings kosher salt
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 12 ounces parmesan crumbled
- ☐ 3 tablespoons red wine vinegar

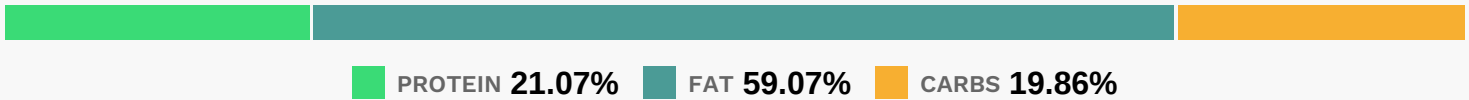
- ☐ 12 ounce roasted peppers red drained
- ☐ 6 ounce genoa salami thinly sliced cut into bite-size pieces
- ☐ 8 ounce frangelico salted cut into bite-size pieces (air-dried beef)
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Equipment

Directions

- ☐ Place 1 large handful of the arugula on each of 6 dinner plates. Arrange some of the peppers, giardiniera, Parmesan, mozzarella, salami, and bresaola on top of each pile of greens.
- ☐ Drizzle the salads with the olive oil and vinegar, and season with salt and pepper to taste. Gently toss.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:1.08, Inflammation Score:-7, Nutrition Score:22.853043162304%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 769.52kcal (38.48%), Fat: 60.14g (92.52%), Saturated Fat: 23.14g (144.63%), Carbohydrates: 45.48g (15.16%), Net Carbohydrates: 44.78g (16.28%), Sugar: 1.23g (1.37%), Cholesterol: 120.67mg (40.22%), Sodium: 4345.77mg (188.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.26g (96.52%), Calcium: 1081.07mg (108.11%), Phosphorus: 738.13mg (73.81%), Vitamin B12: 3.2µg (53.3%), Selenium: 32.99µg (47.12%), Vitamin C: 31.64mg (38.35%), Zinc: 5.06mg (33.76%), Vitamin B2: 0.51mg (30.17%), Vitamin A: 1249.25IU (24.98%), Vitamin B1: 0.32mg (21.52%), Vitamin B6: 0.34mg (16.84%), Magnesium: 53.02mg (13.25%), Vitamin B3: 2.13mg (10.66%), Iron: 1.68mg (9.36%), Potassium: 303.89mg (8.68%), Manganese: 0.16mg (8.06%), Copper: 0.15mg (7.39%), Vitamin B5: 0.69mg (6.87%), Vitamin E: 0.79mg (5.25%), Vitamin K: 5.03µg (4.79%), Folate: 18.92µg (4.73%), Vitamin D: 0.59µg (3.91%), Fiber: 0.71g (2.82%)