



Antipasto Plate

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon anchovy paste
- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 pound eggplant cubed
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic cloves
- ☐ 2 tablespoons golden raisins
- ☐ 0.8 teaspoon honey

- ☐ 1 teaspoon olive oil
- ☐ 0.5 medium onion peeled cut into 4 wedges
- ☐ 3 tablespoons part-skim ricotta cheese
- ☐ 4 plum tomatoes seeded quartered
- ☐ 2 ounces pancetta very thin
- ☐ 5.5 ounce roasted peppers red rinsed drained
- ☐ 0.1 teaspoon salt
- ☐ 16 water crackers

Equipment

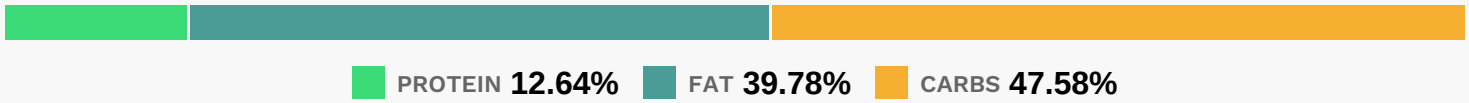
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ To prepare dip, combine raisins and 2 tablespoons vinegar in a microwave-safe bowl. Microwave at high 45 seconds.
- ☐ Let stand 10 minutes; drain.
- ☐ Place raisins, ricotta, and next 6 ingredients (through bell peppers) in a food processor; pulse until well combined.
- ☐ Preheat oven to 45
- ☐ To prepare spread, combine tomatoes, garlic, eggplant, and onion on a foil-lined jelly-roll pan; toss gently to combine.
- ☐ Drizzle with oil; sprinkle with 1/8 teaspoon salt. Toss to coat. Arrange vegetables in a single layer on pan.
- ☐ Bake at 450 for 20 minutes or until vegetables are lightly blistered and eggplant is tender, stirring after 10 minutes. Cool slightly.

- ☐
- Place vegetable mixture, 2 tablespoons basil, 2 tablespoons vinegar, and anchovy paste in a food processor; pulse until combined.
- ☐
- Serve dip and spread with crackers and prosciutto slices.

Nutrition Facts



Properties

Glycemic Index:96.48, Glycemic Load:6.52, Inflammation Score:-8, Nutrition Score:13.016087003376%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 172.93kcal (8.65%), Fat: 8.06g (12.4%), Saturated Fat: 2.67g (16.7%), Carbohydrates: 21.69g (7.23%), Net Carbohydrates: 16.43g (5.97%), Sugar: 13g (14.44%), Cholesterol: 13.11mg (4.37%), Sodium: 741.92mg (32.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.76g (11.53%), Vitamin K: 46.88µg (44.65%), Vitamin C: 33.69mg (40.83%), Manganese: 0.49mg (24.57%), Fiber: 5.26g (21.05%), Vitamin A: 1014.86IU (20.3%), Potassium: 613.24mg (17.52%), Vitamin B6: 0.32mg (15.9%), Copper: 0.25mg (12.47%), Folate: 48.6µg (12.15%), Phosphorus: 109.74mg (10.97%), Vitamin B3: 2.12mg (10.6%), Magnesium: 38.41mg (9.6%), Vitamin B1: 0.13mg (8.71%), Calcium: 83.21mg (8.32%), Selenium: 5.76µg (8.23%), Vitamin B2: 0.12mg (7.16%), Iron: 1.28mg (7.1%), Vitamin E: 0.94mg (6.24%), Vitamin B5: 0.54mg (5.45%), Zinc: 0.79mg (5.29%), Vitamin B12: 0.11µg (1.77%)