



Antipasto Platter



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



497 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce garbanzo beans drained canned (chick-peas)
- ☐ 2 medium cucumbers sliced
- ☐ 1.5 cups mushrooms fresh halved
- ☐ 10 ounce artichoke hearts frozen
- ☐ 2 teaspoons garlic minced
- ☐ 4 ounces turkey ham fat-free thinly sliced cut into thin strips
- ☐ 15 ounce no-salt-added kidney beans drained canned
- ☐ 0.8 cup no-salt-added chicken broth undiluted canned

- ☐ 2 teaspoons olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 4 ounces part-skim mozzarella cheese thinly sliced
- ☐ 0.1 teaspoon pepper
- ☐ 0.7 cup purple onion chopped
- ☐ 2 medium size pasilla peppers sweet red seeded thinly sliced
- ☐ 6 cups torn romaine lettuce
- ☐ 0.3 cup balsamic vinegar white

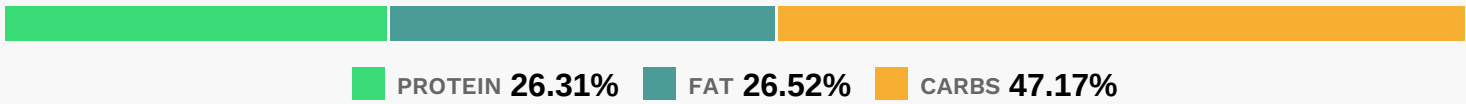
Equipment

- ☐ bowl

Directions

- ☐ Cook artichoke hearts according to package directions, omitting salt and fat.
- ☐ Drain well.
- ☐ Combine broth and next 5 ingredients in a jar; cover tightly, and shake vigorously.
- ☐ Combine artichoke hearts, mushrooms, and next 3 ingredients in a large bowl; add 1/2 cup broth mixture, and toss well. Cover and chill 2 hours, stirring occasionally.
- ☐ Place romaine lettuce on a large serving platter; spoon bean mixture onto lettuce in center of platter. Arrange ham strips, cheese, sweet red pepper, and cucumber around bean mixture.
- ☐ Drizzle remaining broth mixture over salad.

Nutrition Facts



Properties

Glycemic Index:73.65, Glycemic Load:12.31, Inflammation Score:-10, Nutrition Score:46.852174261342%

Flavonoids

Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg,

Kaempferol: 0.32mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 14.38mg, Quercetin: 14.38mg, Quercetin: 14.38mg, Quercetin: 14.38mg

Nutrients (% of daily need)

Calories: 497kcal (24.85%), Fat: 15.17g (23.34%), Saturated Fat: 5.4g (33.73%), Carbohydrates: 60.73g (20.24%), Net Carbohydrates: 40.92g (14.88%), Sugar: 9.7g (10.78%), Cholesterol: 35.72mg (11.91%), Sodium: 873.24mg (37.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.87g (67.74%), Vitamin A: 8346.82IU (166.94%), Vitamin C: 90.54mg (109.75%), Folate: 407.23µg (101.81%), Manganese: 1.94mg (96.76%), Vitamin K: 96.34µg (91.76%), Fiber: 19.82g (79.26%), Vitamin B6: 1.19mg (59.53%), Phosphorus: 584.9mg (58.49%), Potassium: 1521.02mg (43.46%), Vitamin B1: 0.58mg (38.68%), Iron: 6.93mg (38.49%), Copper: 0.76mg (38.21%), Calcium: 369.9mg (36.99%), Magnesium: 146.75mg (36.69%), Vitamin B2: 0.62mg (36.35%), Zinc: 4.34mg (28.94%), Vitamin B3: 5.47mg (27.34%), Selenium: 18.22µg (26.03%), Vitamin B5: 1.95mg (19.53%), Vitamin E: 1.63mg (10.84%), Vitamin B12: 0.47µg (7.88%), Vitamin D: 0.36µg (2.37%)