



Antipasto Platter

READY IN



25 min.

SERVINGS



24

CALORIES



436 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 baguette
- 1 leaves basil on the stem
- 24 servings cherry tomatoes
- 24 servings hothouse cucumber unpeeled sliced
- 24 servings kosher salt and pepper black freshly ground
- 24 servings marinated artichoke hearts sliced in half
- 24 servings mozzarella cheese smoked sliced
- 24 servings olive oil good
- 24 servings cerignola olives

- 24 servings cracked pepper black freshly ground
- 24 servings genoa salami sliced
- 24 servings peppadews
- 24 servings peppadews

Equipment

- oven

Directions

- Watch how to make this recipe.
- Place the sliced mozzarella on a serving platter, sprinkle the slices with the olive oil and cracked pepper. Artfully arrange the salami, Peppadews, cucumber slices, artichoke hearts, tomatoes, olives and Bruschetta around the platter and decorate with stems of basil leaves.
- Preheat the oven to 425 degrees. Slice the baguette at an angle 1/2-inch-thick.
- Brush both sides of the bread with olive oil and sprinkle one side with salt and pepper.
- Bake for 10 minutes, until lightly toasted.

Nutrition Facts



PROTEIN 14.01% **FAT 72.98%** **CARBS 13.01%**

Properties

Glycemic Index:11.49, Glycemic Load:3.76, Inflammation Score:-8, Nutrition Score:15.794347887454%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 435.77kcal (21.79%), Fat: 35.74g (54.98%), Saturated Fat: 9.71g (60.7%), Carbohydrates: 14.32g (4.77%), Net Carbohydrates: 11.79g (4.29%), Sugar: 4.87g (5.41%), Cholesterol: 44.24mg (14.75%), Sodium: 1307.76mg (56.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.44g (30.88%), Vitamin C: 39.66mg (48.07%), Vitamin B1: 0.39mg (25.83%), Vitamin A: 1274.51IU (25.49%), Vitamin E: 3.69mg (24.62%), Vitamin B12: 1.42µg

(23.71%), Phosphorus: 215.91mg (21.59%), Selenium: 14.59µg (20.85%), Calcium: 189.46mg (18.95%), Zinc: 2.3mg (15.3%), Vitamin B6: 0.3mg (14.97%), Vitamin B3: 2.91mg (14.54%), Vitamin B2: 0.24mg (14.1%), Vitamin K: 14.29µg (13.61%), Potassium: 475.3mg (13.58%), Manganese: 0.26mg (12.91%), Iron: 2.25mg (12.52%), Fiber: 2.53g (10.13%), Copper: 0.2mg (9.95%), Folate: 33.69µg (8.42%), Magnesium: 30.46mg (7.62%), Vitamin B5: 0.58mg (5.76%)