

# Antipasto Platter

 Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



766 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 pound deli sopressata hot sliced
- 0.5 pound deli sopressata sweet sliced
- 1 pound mozzarella cheese smoked plain fresh
- 2 cups marinated artichoke hearts
- 2 cups olives
- 1 pound sharp provolone
- 16 ounce roasted peppers red drained cut into pieces
- 0.5 pound deli genoa salami sliced

2 cups giardiniera pickled vegetable salad hot drained

## Equipment

bowl

ramekin

cutting board

## Directions

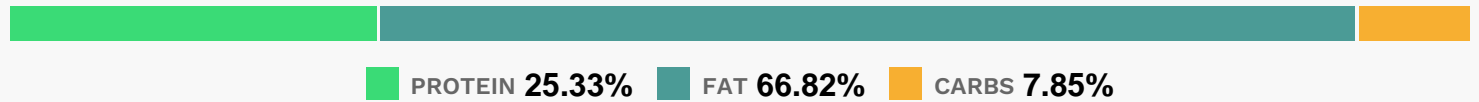
Watch how to make this recipe.

Arrange meats and cheeses on cutting board. Pile olives, giardiniera, artichokes and red peppers into small bowls and set along edge of board or serving tray.

Place knives near cheeses and seafood forks in olives and veggies to serve.

Place an extra ramekin out to collect pits from olives.

## Nutrition Facts



## Properties

Glycemic Index:15.88, Glycemic Load:2.73, Inflammation Score:-10, Nutrition Score:30.683912982111%

## Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg

## Nutrients (% of daily need)

Calories: 765.54kcal (38.28%), Fat: 56.89g (87.53%), Saturated Fat: 25.17g (157.31%), Carbohydrates: 15.04g (5.01%), Net Carbohydrates: 10.43g (3.79%), Sugar: 1.58g (1.76%), Cholesterol: 141.46mg (47.15%), Sodium: 3595.52mg (156.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.53g (97.07%), Vitamin A: 4120.2IU (82.4%), Calcium: 784.8mg (78.48%), Phosphorus: 707.73mg (70.77%), Selenium: 38.59µg (55.13%), Vitamin B12: 3.28µg (54.62%), Vitamin C: 41.6mg (50.42%), Vitamin B1: 0.71mg (47.26%), Zinc: 6.31mg (42.09%), Vitamin B2: 0.62mg (36.43%), Vitamin B6: 0.59mg (29.44%), Vitamin B3: 5.23mg (26.13%), Fiber: 4.61g (18.46%), Potassium: 584.07mg (16.69%), Magnesium: 65.09mg (16.27%), Iron: 2.82mg (15.65%), Copper: 0.27mg (13.5%), Manganese: 0.25mg (12.61%), Vitamin E: 1.73mg (11.52%), Vitamin B5: 1.01mg (10.13%), Folate: 35.19µg (8.8%), Vitamin D: 0.91µg (6.05%), Vitamin K: 3.02µg (2.88%)