



Antipasto Platter



Gluten Free

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READY IN

ready

75 min.

SERVINGS

servings

10

CALORIES

calories

722 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons aged balsamic vinegar
- ☐ 12 ounce cypress grove chevre truffle tremor
- ☐ 1 loaf country sourdough cut into 3/4 slices
- ☐ 8 ounce wheel mt. tam triple cream
- ☐ 1 eggplant sliced into 1/2 circles
- ☐ 2 tablespoons mint leaves fresh
- ☐ 0.5 pound san daniele ham finely sliced
- ☐ 8 ounce wedge aged monterey jack cheese

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 10 servings olive oil extra-virgin
- ☐ 1.5 pounds olives mixed (queen, kalamata, ceringola)
- ☐ 0.5 cup orange blossom honey
- ☐ 1 cup pinenuts
- ☐ 1 pepper red
- ☐ 10 servings salt and pepper black freshly ground
- ☐ 10 servings sea salt and pepper black freshly ground
- ☐ 2 cups milk ricotta whole
- ☐ 2 zucchini sliced lengthwise into 1/ planks

Equipment

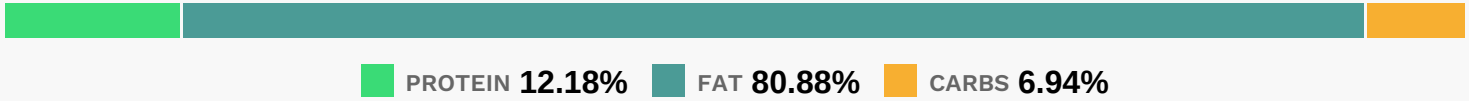
- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Heat a cast iron grill pan over high heat until smoking, about 8 to 10 minutes.
- ☐ Add the vegetables to a large bowl, drizzle with olive oil and season with salt and pepper, to taste. Grill the vegetables on the hot grill pan for 2 to 3 minutes per side, without moving so they get nice grill marks.
- ☐ Remove to a large platter and drizzle with aged balsamic vinegar.
- ☐ Heat a cast iron grill pan over high heat until smoking, about 8 to 10 minutes.
- ☐ Drizzle the bread slices with olive oil and arrange on the hot grill pan for 2 to 3 minutes per side, without moving so they get nice grill marks and toast evenly.
- ☐ For the ricotta spread: Begin by toasting the pine nuts in a dry skillet over medium heat. Toss over low heat until golden brown, about 5 minutes. Reduce heat to low and add the honey.
- ☐ Mix well so the nuts get coated evenly and honey melts. Allow to cool slightly, then add to a large bowl.

- ☐ Add the ricotta, olive oil, mint and salt and pepper, to taste. Refrigerate until the ricotta firms up a little before serving with grilled sourdough and antipasto items.
- ☐ For the platter: Arrange the grilled vegetables, grilled sourdough, ricotta, olives, prosciutto and cheese on a large platter and serve.

Nutrition Facts



Properties

Glycemic Index:25.6, Glycemic Load:1.87, Inflammation Score:-8, Nutrition Score:23.696087049401%

Flavonoids

Delphinidin: 39.25mg, Delphinidin: 39.25mg, Delphinidin: 39.25mg, Delphinidin: 39.25mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 722.38kcal (36.12%), Fat: 66.92g (102.95%), Saturated Fat: 21.56g (134.73%), Carbohydrates: 12.91g (4.3%), Net Carbohydrates: 8.02g (2.92%), Sugar: 7.85g (8.73%), Cholesterol: 81.44mg (27.15%), Sodium: 1624.01mg (70.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.68g (45.36%), Manganese: 1.46mg (73.03%), Vitamin E: 7.46mg (49.7%), Phosphorus: 409.96mg (41%), Calcium: 346.55mg (34.65%), Vitamin A: 1714.68IU (34.29%), Copper: 0.6mg (30.23%), Vitamin C: 23.82mg (28.87%), Vitamin B2: 0.48mg (28.26%), Vitamin K: 26.16µg (24.91%), Magnesium: 81.13mg (20.28%), Vitamin B1: 0.3mg (20.16%), Vitamin B6: 0.4mg (19.99%), Fiber: 4.89g (19.57%), Zinc: 2.92mg (19.46%), Selenium: 11.96µg (17.09%), Potassium: 540.71mg (15.45%), Iron: 2.61mg (14.52%), Vitamin B3: 2.61mg (13.07%), Vitamin B12: 0.7µg (11.64%), Folate: 42.52µg (10.63%), Vitamin B5: 0.93mg (9.33%), Vitamin D: 1.33µg (8.88%)