

Antipasto Platter

 Gluten Free

READY IN



30 min.

SERVINGS



24

CALORIES



219 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 oz pancetta fully cooked thinly sliced cut in half
- ☐ 0.8 lb provolone cheese cut in half
- ☐ 0.8 lb genoa salami thin
- ☐ 24 marinated mushrooms
- ☐ 24 marinated artichoke
- ☐ 24 kalamata olives pitted
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup juice of lemon

- ☐ 1 tablespoon oregano dried fresh chopped
- ☐ 12 slices rum french italian (1/)

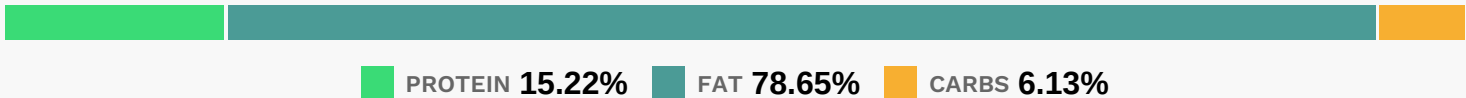
Equipment

- ☐ bowl

Directions

- ☐ On large platter, arrange all ingredients except oil, lemon juice, oregano and bread.
- ☐ In small bowl, mix oil, lemon juice and oregano.
- ☐ Drizzle over meats, cheese and vegetables.
- ☐ If using Italian bread, cut each slice in half. On large plate, arrange bread.
- ☐ Serve with meats, cheese and vegetables.

Nutrition Facts



Properties

Glycemic Index:3.13, Glycemic Load:0.15, Inflammation Score:-5, Nutrition Score:5.8143478165502%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 219.42kcal (10.97%), Fat: 18.89g (29.06%), Saturated Fat: 6.03g (37.68%), Carbohydrates: 3.31g (1.1%), Net Carbohydrates: 2.23g (0.81%), Sugar: 0.6g (0.67%), Cholesterol: 25.66mg (8.55%), Sodium: 697.81mg (30.34%), Alcohol: 0.17g (100%), Alcohol %: 0.24% (100%), Protein: 8.22g (16.45%), Calcium: 123.52mg (12.35%), Vitamin C: 10.02mg (12.14%), Vitamin A: 576.78IU (11.54%), Phosphorus: 113.66mg (11.37%), Vitamin B12: 0.64µg (10.65%), Vitamin B1: 0.16mg (10.4%), Selenium: 7.13µg (10.18%), Zinc: 1.15mg (7.64%), Vitamin K: 7.23µg (6.89%), Vitamin B2: 0.1mg (5.87%), Vitamin B3: 1.12mg (5.61%), Vitamin B6: 0.11mg (5.59%), Fiber: 1.09g (4.35%), Iron: 0.7mg (3.87%), Vitamin E: 0.5mg (3.37%), Potassium: 94.11mg (2.69%), Vitamin B5: 0.26mg (2.63%), Magnesium: 9.09mg (2.27%), Copper: 0.04mg (1.8%), Manganese: 0.02mg (1.15%)