



Antipasto Platter

READY IN



45 min.

SERVINGS



10

CALORIES



438 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup marcona almonds (or other almonds, cashews, hazelnuts, pine nuts, or peanuts)
- ☐ 10 servings dress it up: wedges of cheese smoked such as sharp cheddar, parmigiano-reggiano, manchego, asiago; meats and fish, such as genoa salami, soppressata, prosciutto, capicola, salmon, steamed shrimp
- ☐ 0.5 cup cornichons sweet (or or dill pickles)
- ☐ 0.5 cup dijon mustard
- ☐ 0.5 cup apricots dried
- ☐ 10 ounce breadsticks
- ☐ 1 cup kalamata olives
- ☐ 6 ounce marinated artichoke hearts drained

- ☐ 0.5 cup tomatoes marinated in olive oil dried (or 1 pint grape or cherry tomatoes)
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 pears sliced
- ☐ 10 servings pepper freshly ground to taste
- ☐ 12 ounce pickled vegetables
- ☐ 10 servings rosemary sprigs fresh
- ☐ 10 servings sea salt to taste

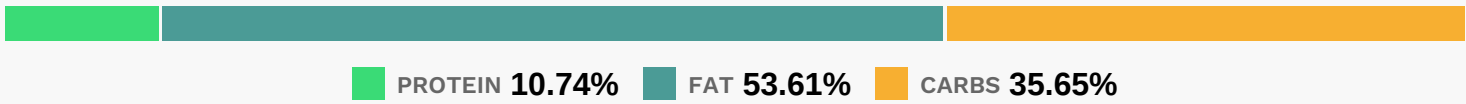
Equipment

- ☐ bowl
- ☐ cutting board

Directions

- ☐ Arrange first 9 ingredients on a large platter or cutting board.
- ☐ Pour olive oil into a small bowl, and add sea salt, pepper, and rosemary.
- ☐ Place mustard in a separate small bowl. Set out small plates for guests to help themselves and several small bowls to collect olive pits.

Nutrition Facts



Properties

Glycemic Index:21.14, Glycemic Load:3.69, Inflammation Score:-9, Nutrition Score:15.522608570431%

Flavonoids

Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg

0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 438.09kcal (21.9%), Fat: 27.37g (42.1%), Saturated Fat: 7.9g (49.4%), Carbohydrates: 40.95g (13.65%), Net Carbohydrates: 33.52g (12.19%), Sugar: 7.5g (8.34%), Cholesterol: 30mg (10%), Sodium: 1112.86mg (48.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.34g (24.68%), Vitamin A: 2547.2IU (50.94%), Vitamin E: 5.39mg (35.93%), Fiber: 7.43g (29.73%), Calcium: 289.64mg (28.96%), Manganese: 0.51mg (25.63%), Phosphorus: 248.82mg (24.88%), Vitamin B2: 0.35mg (20.51%), Selenium: 13.72µg (19.59%), Iron: 3.3mg (18.35%), Magnesium: 66.91mg (16.73%), Copper: 0.25mg (12.39%), Zinc: 1.84mg (12.25%), Vitamin C: 8.43mg (10.22%), Potassium: 335.36mg (9.58%), Vitamin B1: 0.11mg (7.59%), Folate: 26.61µg (6.65%), Vitamin B3: 1.26mg (6.32%), Vitamin B6: 0.11mg (5.43%), Vitamin K: 5.66µg (5.39%), Vitamin B12: 0.32µg (5.3%), Vitamin B5: 0.34mg (3.45%), Vitamin D: 0.18µg (1.2%)