



Antipasto Platter With Grilled Vegetables

READY IN



55 min.

SERVINGS



6

CALORIES



813 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound baby artichokes
- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 loaf artisanal bread sliced
- ☐ 0.8 pound cured meats thinly sliced (prosciutto, mortadella and/or salami)
- ☐ 2 tablespoons herbs fresh minced (oregano, parsley, basil and thyme)
- ☐ 1 clove garlic minced
- ☐ 0.5 pound taleggio cheese and/or goat cheese fresh
- ☐ 6 servings kosher salt
- ☐ 1 optional: lemon halved

- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.3 cup olive tapenade
- ☐ 0.3 pound parmigiano-reggiano cheese crumbled
- ☐ 2 bell peppers red quartered
- ☐ 1 teaspoon sugar
- ☐ 1 tablespoon sacramento tomato juice
- ☐ 1 tablespoon balsamic vinegar white

Equipment

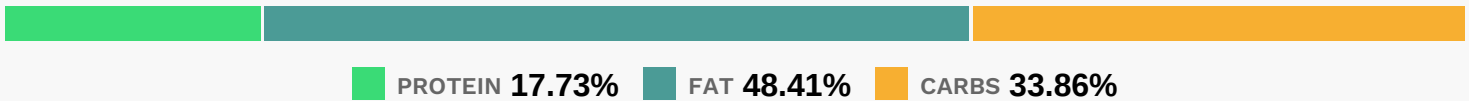
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ grill
- ☐ grill pan
- ☐ serrated knife

Directions

- ☐ Prepare the artichokes: Fill a saucepan with water; squeeze in the lemon juice.
- ☐ Add the squeezed lemon halves to the water and season with salt.
- ☐ Cut off and discard the top one-quarter of each artichoke with a serrated knife. Snap off the tough outer leaves. Peel the stem and base with a paring knife. Halve the artichokes lengthwise and drop into the saucepan. Cover and bring to a boil, then uncover, reduce the heat and simmer 5 minutes.
- ☐ Remove from the heat and let the artichokes sit in the hot liquid until just tender, 5 to 10 minutes; drain.
- ☐ Whisk the olive oil, both vinegars, the sugar, herbs, garlic and tomato juice in a bowl.

- ☐
- Put the artichokes and bell peppers in another bowl; drizzle with the vinegar mixture and let marinate 10 to 20 minutes.
- ☐
- Preheat a grill or grill pan to medium high. Grill the artichokes and peppers, turning, until browned, about 8 minutes. (Or, roast on a rimmed baking sheet in a 400 degrees F oven, 10 to 15 minutes.)
- ☐
- Assemble the platter: Arrange the cheeses, cured meats, tapenade, artichokes and bell peppers on a board or platter.
- ☐
- Serve with the bread.
- ☐
- Photograph by Lisa Shin

Nutrition Facts



Properties

Glycemic Index:67.77, Glycemic Load:31.12, Inflammation Score:-9, Nutrition Score:33.837390961854%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 813.17kcal (40.66%), Fat: 44.28g (68.12%), Saturated Fat: 17.47g (109.18%), Carbohydrates: 69.71g (23.24%), Net Carbohydrates: 59.69g (21.71%), Sugar: 12.42g (13.8%), Cholesterol: 67.66mg (22.55%), Sodium: 1646.52mg (71.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.48g (72.96%), Vitamin C: 64.43mg (78.1%), Manganese: 1.47mg (73.59%), Selenium: 49.54µg (70.78%), Vitamin A: 2605.79IU (52.12%), Phosphorus: 472.47mg (47.25%), Vitamin B3: 9.27mg (46.37%), Calcium: 460.42mg (46.04%), Vitamin B1: 0.69mg (45.87%), Fiber: 10.02g (40.07%), Iron: 6.86mg (38.08%), Vitamin B2: 0.58mg (34%), Folate: 124.95µg (31.24%), Vitamin K: 32.6µg (31.05%), Vitamin B6: 0.53mg (26.41%), Copper: 0.5mg (24.75%), Zinc: 2.86mg (19.04%), Magnesium: 75.86mg (18.97%), Vitamin B5: 1.76mg (17.61%), Potassium: 431.9mg (12.34%), Vitamin E: 1.76mg (11.73%), Vitamin B12: 0.58µg (9.7%), Vitamin D: 0.47µg (3.15%)