



Antipasto Salad



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



515 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 12 olives black such as kalamata pitted coarsely chopped
- ☐ 1 small jar marinated artichoke hearts drained
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 12 jumbo olives green pitted coarsely chopped
- ☐ 1 small jar roasted peppers diced red drained
- ☐ 2 hearts romaine lettuce chopped
- ☐ 0.5 pound genoa salami diced chunk for it in 1 at deli counter,

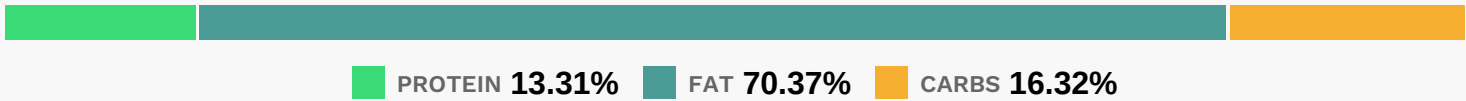
- ☐ 4 servings salt and pepper
- ☐ 2 cups pickled vegetable salad hot coarsely chopped

Equipment

Directions

- ☐ Combine lettuce, salami, chopped hot pickled vegetables, olives, red peppers and artichoke hearts.
- ☐ Drizzle vinegar and oil over the salad. Toss salad and season with salt and pepper, to your taste.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:4.81, Inflammation Score:-10, Nutrition Score:24.283478073452%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 514.62kcal (25.73%), Fat: 40.89g (62.9%), Saturated Fat: 9.65g (60.31%), Carbohydrates: 21.34g (7.11%), Net Carbohydrates: 14.74g (5.36%), Sugar: 1.92g (2.13%), Cholesterol: 44.79mg (14.93%), Sodium: 3220.74mg (140.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.4g (34.79%), Vitamin A: 6801.7IU (136.03%), Vitamin C: 58.47mg (70.88%), Vitamin B1: 0.67mg (44.98%), Vitamin B6: 0.57mg (28.42%), Vitamin B12: 1.59µg (26.46%), Fiber: 6.6g (26.38%), Vitamin B3: 4.88mg (24.41%), Selenium: 15.29µg (21.85%), Vitamin K: 22.81µg (21.73%), Manganese: 0.43mg (21.52%), Phosphorus: 207.21mg (20.72%), Zinc: 2.99mg (19.95%), Vitamin E: 2.88mg (19.18%), Vitamin B2: 0.3mg (17.71%), Potassium: 585.14mg (16.72%), Iron: 2.98mg (16.53%), Copper: 0.32mg (16.18%), Folate: 60.88µg (15.22%), Magnesium: 49.23mg (12.31%), Calcium: 92.99mg (9.3%), Vitamin B5: 0.81mg (8.07%)