



Antipasto Salad

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



295 kcal

SIDE DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.3 cup olives spanish sliced
- ☐ 1 cup provolone cheese cubed
- ☐ 0.5 cup onion red chopped
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 cup roasted pepper red chopped
- ☐ 2 cups genoa salami cubed

- ☐ 6 servings salt
- ☐ 0.5 pound string beans
- ☐ 2 teaspoons sugar

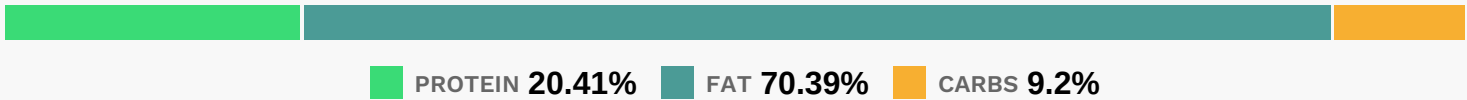
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Fill a large bowl with a handful of ice and water. Bring a saucepan of salted water to a boil over medium heat.
- ☐ Add the beans and cook until tender but still crunchy, about 3 to 4 minutes.
- ☐ Transfer to an ice bath to cool.
- ☐ Drain beans on paper towels, then cut into 1-inch pieces.
- ☐ In a large serving bowl toss together beans, olives, red pepper, onion, cheese, and salami. In a separate bowl whisk in order, the red wine vinegar, sugar, oil and black pepper, to taste.
- ☐ Pour over salad, toss and serve.

Nutrition Facts



Properties

Glycemic Index:38.35, Glycemic Load:2.26, Inflammation Score:-5, Nutrition Score:11.48130445895%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 294.94kcal (14.75%), Fat: 23.14g (35.59%), Saturated Fat: 8.88g (55.5%), Carbohydrates: 6.8g (2.27%), Net Carbohydrates: 5.27g (1.92%), Sugar: 3.28g (3.65%), Cholesterol: 44.94mg (14.98%), Sodium: 1375.91mg (59.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.09g (30.19%), Vitamin B1: 0.39mg (26.29%), Vitamin B12: 1.38µg (22.93%), Phosphorus: 215.56mg (21.56%), Calcium: 194.5mg (19.45%), Selenium: 13.13µg (18.76%), Vitamin K: 19.2µg (18.29%), Zinc: 2.42mg (16.15%), Vitamin B6: 0.3mg (15.25%), Vitamin B2: 0.24mg (14.14%), Vitamin B3: 2.48mg (12.42%), Vitamin A: 507.67IU (10.15%), Vitamin C: 8.34mg (10.1%), Potassium: 286.22mg (8.18%), Manganese: 0.15mg (7.62%), Magnesium: 26.87mg (6.72%), Iron: 1.15mg (6.39%), Vitamin E: 0.94mg (6.28%), Fiber: 1.53g (6.11%), Vitamin B5: 0.61mg (6.1%), Copper: 0.11mg (5.68%), Folate: 19.08µg (4.77%)