



Antipasto Salad

READY IN



45 min.

SERVINGS



8

CALORIES



404 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.5 pound baby mozzarella balls cut into 1/2-inch cubes
- ☐ 15 ounce garbanzo beans rinsed drained canned
- ☐ 1 tablespoon dijon mustard
- ☐ 1 cup parsley fresh loosely packed minced
- ☐ 9 ounce artichoke hearts frozen thawed
- ☐ 2 garlic clove minced
- ☐ 1 pound green beans trimmed
- ☐ 0.3 cup olive oil

- ☐ 8 ounce pepperoncini peppers hot drained (Tuscan peppers) (12)
- ☐ 0.5 teaspoon pepper dried red hot
- ☐ 0.3 cup red wine vinegar
- ☐ 6 ounce roasted peppers red cut into strips (4)
- ☐ 0.5 pound .5 oz. macaroni
- ☐ 3.5 ounces genoa salami hard sliced cut into strips

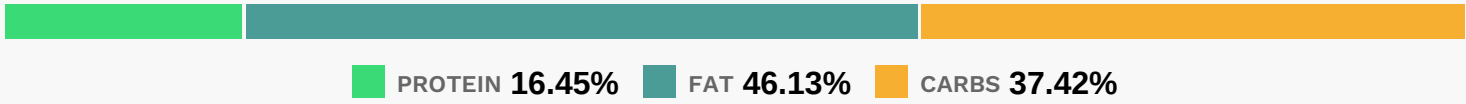
Equipment

- ☐ bowl
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Cook the pasta according to the package directions until al dente.
- ☐ Remove from cooking water with a slotted spoon, rinse under cold water, and drain well.
- ☐ Add the green beans to the boiling water and cook until crisp-tender.
- ☐ Remove the green beans, rinse, and drain with the pasta.]In a large bowl, using a wire whisk, blend the garlic, mustard, and vinegars. Slowly whisk in the oil and add salt to taste.] In a very large bowl, toss the pasta with the dressing and stir in the bocconcini, garbanzos, salami, artichoke hearts, roasted peppers, pepperoncini, red pepper flakes, and parsley. Cover and chill for 1 hour. The salad may be made up to 2 days in advance.

Nutrition Facts



Properties

Glycemic Index:32.29, Glycemic Load:3.61, Inflammation Score:-8, Nutrition Score:23.519565167634%

Flavonoids

Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg Quercetin: 1.58mg, Quercetin: 1.58mg,

Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 404.3kcal (20.21%), Fat: 21.31g (32.79%), Saturated Fat: 5.02g (31.36%), Carbohydrates: 38.9g (12.97%), Net Carbohydrates: 31.27g (11.37%), Sugar: 3.86g (4.29%), Cholesterol: 20mg (6.67%), Sodium: 791.76mg (34.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.09g (34.19%), Vitamin K: 155.69µg (148.28%), Vitamin C: 52.25mg (63.33%), Manganese: 1.01mg (50.45%), Selenium: 23.46µg (33.51%), Vitamin B6: 0.63mg (31.25%), Fiber: 7.63g (30.51%), Vitamin A: 1325.53IU (26.51%), Folate: 100.75µg (25.19%), Phosphorus: 187.13mg (18.71%), Calcium: 182.05mg (18.21%), Vitamin B1: 0.26mg (17.53%), Magnesium: 67.85mg (16.96%), Iron: 2.87mg (15.94%), Potassium: 546.28mg (15.61%), Copper: 0.31mg (15.58%), Vitamin B3: 2.53mg (12.67%), Vitamin E: 1.87mg (12.44%), Vitamin B2: 0.2mg (11.87%), Zinc: 1.75mg (11.64%), Vitamin B5: 0.72mg (7.25%), Vitamin B12: 0.35µg (5.79%)