



Antipasto Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



103 kcal

SIDE DISH

Ingredients

- ☐ 4 medium artichokes (each 12 ounces)
- ☐ 7 ounce baby carrots whole with tops
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 cups cauliflower florets
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 0.3 cup flat-leaf parsley leaves fresh
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 garlic cloves minced

- ☐ 0.3 cup kalamata olives pitted halved
- ☐ 0.3 cup juice of lemon fresh divided
- ☐ 8 ounce baby pattypan squash halved
- ☐ 0.5 cup onion red vertically sliced
- ☐ 3 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon sugar
- ☐ 6 cups water

Equipment

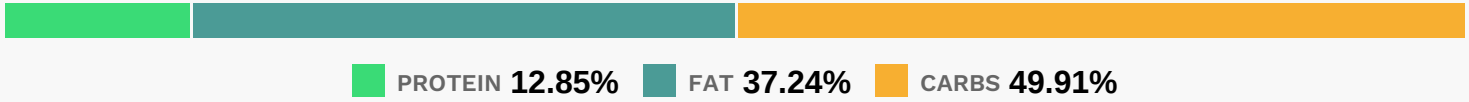
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Combine water and 2 tablespoons juice in a large bowl.
- ☐ Cut off stem from an artichoke to within 1 inch of base; peel stem.
- ☐ Remove bottom leaves and tough outer leaves, leaving tender heart and bottom.
- ☐ Cut lengthwise into quarters.
- ☐ Remove fuzzy thistle from bottom with a spoon; place in lemon water. Repeat procedure with remaining artichokes.
- ☐ Drain artichokes. Cook artichokes in boiling water 6 minutes or until tender.
- ☐ Remove from pan with a slotted spoon; plunge into a large bowl of ice water.
- ☐ Add carrots to pan; cook 1 minute.
- ☐ Add cauliflower and squash to pan; cook an additional minute or until vegetables are crisp-tender.
- ☐ Drain and plunge in ice water with artichokes.
- ☐ Drain artichoke mixture well.

- ☐
- Combine remaining 2 tablespoons juice, vinegar, and next 6 ingredients (through garlic) in a large bowl; stir with a whisk.
- ☐
- Add artichoke mixture, onion, and olives; toss gently to coat. Cover and chill.
- ☐
- Sprinkle with the parsley just before serving.

Nutrition Facts



Properties

Glycemic Index:37.51, Glycemic Load:1.9, Inflammation Score:-10, Nutrition Score:15.666956714962%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 8.11mg, Naringenin: 8.11mg, Naringenin: 8.11mg, Naringenin: 8.11mg Apigenin: 10.2mg, Apigenin: 10.2mg, Apigenin: 10.2mg, Apigenin: 10.2mg Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 102.63kcal (5.13%), Fat: 4.71g (7.25%), Saturated Fat: 0.7g (4.38%), Carbohydrates: 14.21g (4.74%), Net Carbohydrates: 8.4g (3.06%), Sugar: 4.13g (4.59%), Cholesterol: 0mg (0%), Sodium: 335.58mg (14.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.31%), Vitamin A: 3736.56IU (74.73%), Vitamin K: 61.99µg (59.04%), Vitamin C: 38.99mg (47.26%), Fiber: 5.81g (23.24%), Folate: 87.65µg (21.91%), Manganese: 0.36mg (17.87%), Magnesium: 59.16mg (14.79%), Potassium: 506.43mg (14.47%), Copper: 0.27mg (13.31%), Vitamin B6: 0.23mg (11.51%), Phosphorus: 98.5mg (9.85%), Iron: 1.64mg (9.09%), Vitamin B1: 0.1mg (6.91%), Calcium: 67.58mg (6.76%), Vitamin B5: 0.64mg (6.36%), Vitamin E: 0.94mg (6.27%), Vitamin B3: 1.24mg (6.22%), Vitamin B2: 0.09mg (5.36%), Zinc: 0.62mg (4.16%), Selenium: 0.86µg (1.23%)