



Antipasto Salad

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



116 kcal

SIDE DISH

Ingredients

- ☐ 6 oz artichoke hearts dry drained quartered
- ☐ 15 oz chickpeas drained and rinsed canned
- ☐ 0.5 cup olives green pitted
- ☐ 3 ounces mozzarella cheese cut into 1/2-inch cubes
- ☐ 6 tablespoons olive oil
- ☐ 3 ounces pepperoni thinly sliced
- ☐ 3 ounces sharp provolone cut into 1/4-inch cubes
- ☐ 3 tablespoons red wine vinegar

- ☐ 7 oz roasted peppers red dry drained sliced
- ☐ 3 small romaine lettuce hearts
- ☐ 1 large tomatoes cored cut into 1/2-inch cubes

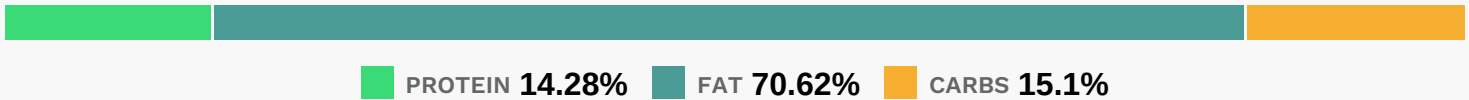
Equipment

- ☐ bowl

Directions

- ☐ Place lettuce in a serving bowl. Top with chickpeas, artichoke hearts, roasted red peppers, tomato, olives, provolone, mozzarella and pepperoni.
- ☐ Drizzle with oil and vinegar and serve.

Nutrition Facts



Properties

Glycemic Index:8.02, Glycemic Load:0.94, Inflammation Score:-4, Nutrition Score:4.6647825914881%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 116.38kcal (5.82%), Fat: 9.24g (14.22%), Saturated Fat: 2.74g (17.12%), Carbohydrates: 4.44g (1.48%), Net Carbohydrates: 2.95g (1.07%), Sugar: 0.44g (0.49%), Cholesterol: 10.42mg (3.47%), Sodium: 404.82mg (17.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.41%), Manganese: 0.23mg (11.74%), Vitamin A: 575.84IU (11.52%), Vitamin K: 8.04µg (7.65%), Vitamin B6: 0.15mg (7.49%), Vitamin C: 6.06mg (7.35%), Calcium: 70.17mg (7.02%), Phosphorus: 65.62mg (6.56%), Fiber: 1.49g (5.98%), Vitamin E: 0.85mg (5.66%), Selenium: 3.07µg (4.39%), Folate: 15.02µg (3.75%), Zinc: 0.56mg (3.71%), Vitamin B12: 0.21µg (3.57%), Copper: 0.06mg (3.13%), Iron: 0.55mg (3.08%), Magnesium: 11.69mg (2.92%), Potassium: 100.13mg (2.86%), Vitamin B2: 0.05mg (2.8%), Vitamin B1: 0.03mg (2%), Vitamin B3: 0.38mg (1.9%), Vitamin B5: 0.16mg (1.59%)