

Antipasto Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



205 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.5 lb cherry tomatoes halved
- ☐ 1 cup flat-leaf parsley leaves fresh loosely packed
- ☐ 1 small garlic clove minced
- ☐ 2 hearts of romaine
- ☐ 12 oz marinated artichoke hearts drained
- ☐ 1 cup brine-cured olives assorted
- ☐ 6 tablespoons olive oil extra-virgin

- ☐ 5 ounces bottled peperoncini drained
- ☐ 1 medium onion red halved lengthwise thinly sliced
- ☐ 3 tablespoons red-wine vinegar
- ☐ 8 oz roasted peppers red rinsed drained cut lengthwise into 1/4-inch-thick strips
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 2 cups water

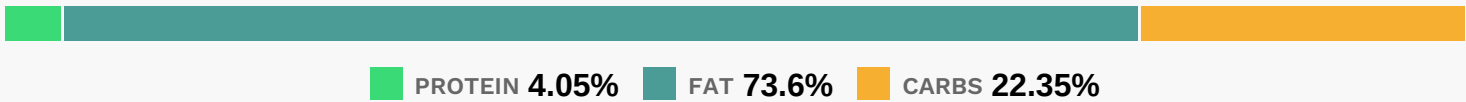
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk together all vinaigrette ingredients in a small bowl until combined well.
- ☐ Bring water, vinegar, sugar, and salt to a boil in a 1-quart heavy saucepan, then add onion and simmer until crisp-tender, about 3 minutes.
- ☐ Drain and cool.
- ☐ Spread romaine on a large platter and scatter with parsley, peppers, artichokes, olives, peperoncini, tomatoes, and onion.
- ☐ Whisk vinaigrette again and drizzle over salad.
- ☐ • Vinaigrette can be made 1 day ahead and chilled, covered. • Onion can be pickled 1 day ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:23.89, Glycemic Load:2.49, Inflammation Score:-10, Nutrition Score:16.049999864205%

Flavonoids

Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 205.31kcal (10.27%), Fat: 17.28g (26.58%), Saturated Fat: 2.27g (14.19%), Carbohydrates: 11.8g (3.93%), Net Carbohydrates: 8.16g (2.97%), Sugar: 5.55g (6.17%), Cholesterol: 0mg (0%), Sodium: 1119.78mg (48.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Vitamin K: 161.1µg (153.43%), Vitamin A: 3930.71IU (78.61%), Vitamin C: 55.5mg (67.27%), Vitamin E: 2.53mg (16.88%), Folate: 66.32µg (16.58%), Fiber: 3.64g (14.55%), Iron: 1.76mg (9.75%), Vitamin B6: 0.19mg (9.51%), Manganese: 0.18mg (9%), Potassium: 291.38mg (8.33%), Copper: 0.14mg (6.86%), Calcium: 60.58mg (6.06%), Magnesium: 20.59mg (5.15%), Vitamin B1: 0.07mg (4.61%), Vitamin B3: 0.77mg (3.86%), Phosphorus: 37.84mg (3.78%), Vitamin B2: 0.06mg (3.32%), Zinc: 0.32mg (2.16%), Vitamin B5: 0.19mg (1.88%)