



 **92%**
HEALTH SCORE

Antipasto Salad Platter

 **Gluten Free**  **Very Healthy**

READY IN



20 min.

SERVINGS



4

CALORIES



477 kcal

SIDE DISH

Ingredients

- 6 ounce artichoke hearts packed in water, halved
- 2 tablespoons balsamic vinegar
- 12 large olives black pitted
- 0.3 cup olive oil extra virgin
- 1 tablespoon basil fresh chopped
- 1 small clove garlic finely chopped
- 5 ounce dole® blend italian
- 4 ounces mozzarella cheese light cut into 1/2-inch cubes

- 0.5 medium bell pepper red cut into thin strips
- 0.5 cup onion red thinly sliced
- 3 ounces genoa salami light dry cut into strips
- 4 servings salt and pepper black freshly ground
- 8 strawberry tomatoes halved

Equipment

- bowl
- whisk

Directions

- Whisk garlic, vinegar, and oil in a small bowl.
- Add basil, and season with salt and pepper.
- Combine salad blends and vinaigrette in large bowl; toss to coat.
- Arrange salad blend on platter and arrange remaining ingredients around the salad.

Nutrition Facts



Properties

Glycemic Index:84.75, Glycemic Load:4.61, Inflammation Score:-10, Nutrition Score:42.245651898177%

Flavonoids

Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg

Nutrients (% of daily need)

Calories: 476.72kcal (23.84%), Fat: 30.93g (47.58%), Saturated Fat: 9g (56.26%), Carbohydrates: 41.5g (13.83%), Net Carbohydrates: 21.74g (7.91%), Sugar: 11.28g (12.54%), Cholesterol: 39.19mg (13.06%), Sodium: 1027.32mg (44.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.37g (34.74%), Vitamin K: 251.75µg (239.76%),

Manganese: 2.16mg (107.81%), Iron: 14.44mg (80.24%), Fiber: 19.76g (79.06%), Calcium: 753.32mg (75.33%), Vitamin E: 10.5mg (69.99%), Vitamin A: 3383.89IU (67.68%), Vitamin C: 55.36mg (67.1%), Vitamin B6: 0.78mg (38.78%), Magnesium: 139.83mg (34.96%), Potassium: 1211.97mg (34.63%), Folate: 134.68µg (33.67%), Phosphorus: 273.79mg (27.38%), Vitamin B1: 0.38mg (25.43%), Vitamin B2: 0.4mg (23.79%), Vitamin B3: 4.53mg (22.67%), Copper: 0.44mg (21.94%), Zinc: 3.19mg (21.26%), Vitamin B12: 1.24µg (20.7%), Selenium: 12.15µg (17.36%), Vitamin B5: 0.89mg (8.92%)