



Antipasto Salad Stack-Up

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



410 kcal

SIDE DISH

Ingredients

- ☐ 1 cup garbanzo beans canned drained
- ☐ 2 cups cherry tomatoes halved
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 12 ounce marinated artichoke hearts quartered
- ☐ 1 cup mayonnaise
- ☐ 0.5 cup parmesan cheese grated
- ☐ 6 ounces pepperoni cut into julienne strips
- ☐ 1 small purple onion separated thinly sliced

- ☐ 3 cups romaine lettuce shredded
- ☐ 2 cups zucchini thinly sliced

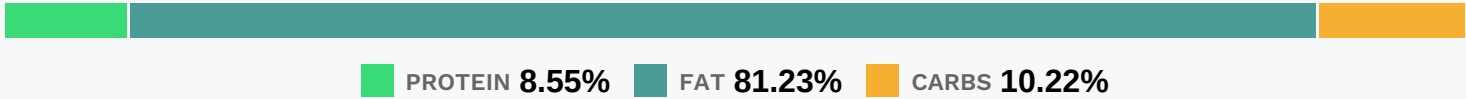
Equipment

- ☐ bowl

Directions

- ☐ Layer first 4 ingredients in a 3-quart bowl.
- ☐ Drain artichoke hearts, reserving marinade.
- ☐ Layer artichoke hearts, pepperoni, and onion over zucchini. Cover and chill.
- ☐ Combine reserved artichoke marinade, mayonnaise, and cheese in a small bowl; cover and chill.
- ☐ Spread mayonnaise mixture over salad just before serving.
- ☐ Sprinkle with chopped parsley.

Nutrition Facts



Properties

Glycemic Index:24.04, Glycemic Load:1.29, Inflammation Score:-9, Nutrition Score:14.855217332425%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 409.52kcal (20.48%), Fat: 36.98g (56.89%), Saturated Fat: 8.52g (53.26%), Carbohydrates: 10.46g (3.49%), Net Carbohydrates: 7.5g (2.73%), Sugar: 3.09g (3.44%), Cholesterol: 37.82mg (12.61%), Sodium: 850.8mg (36.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.76g (17.52%), Vitamin K: 83.88µg (79.88%), Vitamin A: 2364.39IU (47.29%), Vitamin C: 26.05mg (31.57%), Manganese: 0.44mg (22.11%), Vitamin B6: 0.29mg (14.58%), Selenium: 9.8µg (13.99%), Phosphorus: 127.56mg (12.76%), Folate: 48.35µg (12.09%), Fiber: 2.96g (11.84%), Calcium:

96.63mg (9.66%), Vitamin E: 1.45mg (9.65%), Potassium: 336.14mg (9.6%), Iron: 1.56mg (8.65%), Vitamin B2: 0.14mg (8.14%), Zinc: 1.2mg (7.99%), Vitamin B1: 0.12mg (7.73%), Vitamin B3: 1.51mg (7.57%), Vitamin B12: 0.39µg (6.57%), Magnesium: 25.1mg (6.28%), Copper: 0.12mg (5.91%), Vitamin B5: 0.54mg (5.39%), Vitamin D: 0.36µg (2.42%)