



Antipasto Salad with Basil Dressing

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



397 kcal

SIDE DISH

Ingredients

- 1 cup basil fresh packed ()
- 1 garlic clove
- 6 hardboiled eggs shelled sliced into 1/4-inch-thick rounds
- 0.3 cup kalamata olives black pitted coarsely chopped
- 0.8 cup olive oil extra virgin extra-virgin
- 0.5 pound pancetta thinly sliced
- 2 large bell pepper red
- 0.5 teaspoon salt

- 4 large tomatoes thinly sliced
- 16 ounce water-packed tuna fresh drained thinly sliced into rounds

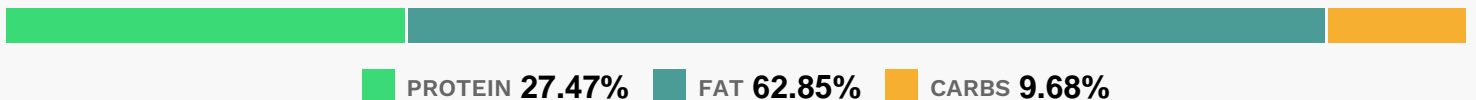
Equipment

- bowl
- broiler

Directions

- Char peppers directly over gas flame or under broiler until blackened on all sides. Enclose in paper bag; let stand 10 minutes. Peel, seed, and slice peppers thinly.
- Combine basil leaves, garlic, and salt in processor and blend to coarse puree. With machine running, gradually blend in oil.
- Transfer basil oil to small bowl. (Peppers and basil oil can be made 1 day ahead. Cover separately and chill.)
- Arrange prosciutto around edge of platter. Arrange cheese slices within circle of prosciutto and tomatoes within circle of cheese. Tuck in egg slices; top with pepper strips.
- Sprinkle salad with olives; drizzle with some basil oil.
- Serve with remaining basil oil.

Nutrition Facts



Properties

Glycemic Index:28.33, Glycemic Load:2, Inflammation Score:-10, Nutrition Score:28.939130078191%

Flavonoids

Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 396.77kcal (19.84%), Fat: 27.71g (42.64%), Saturated Fat: 7.76g (48.48%), Carbohydrates: 9.61g (3.2%), Net Carbohydrates: 6.74g (2.45%), Sugar: 6.09g (6.77%), Cholesterol: 238.66mg (79.55%), Sodium: 767.94mg (33.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.25g (54.5%), Selenium: 74.44µg (106.35%), Vitamin C: 87.47mg (106.03%), Vitamin A: 3272.55IU (65.45%), Vitamin B3: 10.36mg (51.8%), Vitamin B12: 2.69µg (44.78%), Vitamin B6: 0.67mg (33.66%), Vitamin K: 32.5µg (30.96%), Phosphorus: 290.56mg (29.06%), Vitamin B2: 0.42mg (24.86%), Vitamin E: 3.47mg (23.14%), Potassium: 690.06mg (19.72%), Folate: 71.27µg (17.82%), Vitamin B1: 0.24mg (15.86%), Iron: 2.77mg (15.39%), Vitamin D: 2.16µg (14.39%), Manganese: 0.29mg (14.29%), Vitamin B5: 1.31mg (13.15%), Magnesium: 50.14mg (12.53%), Zinc: 1.85mg (12.36%), Fiber: 2.86g (11.46%), Copper: 0.16mg (8.17%), Calcium: 67.54mg (6.75%)