



Antipasto Toss



Gluten Free



Dairy Free

READY IN



255 min.

SERVINGS



8

CALORIES



167 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 oz garbanzo beans drained canned (garbanzo beans)
- ☐ 6 ounces marinated artichoke undrained
- ☐ 0.3 cup olives ripe drained sliced
- ☐ 0.5 cup salad dressing italian
- ☐ 2 bunches the of 1 cos lettuce
- ☐ 1 bunch lettuce
- ☐ 2 hardboiled eggs sliced
- ☐ 0.5 cup pepperoni sliced

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1 serving pepper freshly ground

Equipment

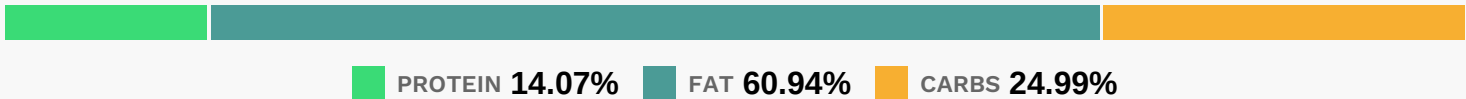
☐

bowl

Directions

- ☐
- Toss beans, artichoke hearts, olives and dressing in large bowl. Top with romaine and lettuce. Arrange eggs and pepperoni on salad greens.
- ☐
- Sprinkle with pepper.
- ☐
- Cover and refrigerate up to 4 hours. Toss just before serving.

Nutrition Facts



Properties

Glycemic Index:16.54, Glycemic Load:1.97, Inflammation Score:-3, Nutrition Score:6.4413043105084%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 166.59kcal (8.33%), Fat: 11.29g (17.37%), Saturated Fat: 2.5g (15.62%), Carbohydrates: 10.42g (3.47%), Net Carbohydrates: 7.5g (2.73%), Sugar: 1.97g (2.19%), Cholesterol: 53.48mg (17.83%), Sodium: 567.35mg (24.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.87g (11.73%), Manganese: 0.49mg (24.34%), Vitamin B6: 0.3mg (15.15%), Fiber: 2.91g (11.65%), Selenium: 7.29µg (10.42%), Vitamin K: 9.04µg (8.61%), Phosphorus: 77.67mg (7.77%), Vitamin A: 329.93IU (6.6%), Iron: 1.11mg (6.18%), Vitamin C: 4.59mg (5.56%), Vitamin B2: 0.09mg (5.34%), Folate: 19.65µg (4.91%), Copper: 0.1mg (4.88%), Vitamin E: 0.68mg (4.56%), Zinc: 0.68mg (4.55%), Magnesium: 18.14mg (4.53%), Vitamin B5: 0.42mg (4.19%), Vitamin B12: 0.23µg (3.84%), Potassium: 126.71mg (3.62%), Calcium: 34.71mg (3.47%), Vitamin B1: 0.05mg (3.23%), Vitamin D: 0.37µg (2.45%), Vitamin B3: 0.46mg (2.3%)