



Antipasto Toss



Vegetarian



Gluten Free

READY IN



13 min.

SERVINGS



8

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon rosemary dried
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 12 olives green
- ☐ 14.4 ounce hearts of palm drained sliced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon olive oil

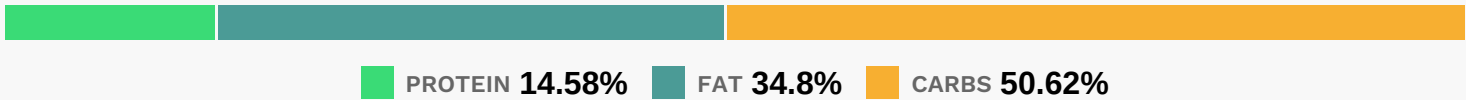
- ☐ 3 ounces part-skim mozzarella cheese cubed
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 7 ounce roasted bell peppers red drained sliced

Equipment

Directions

- ☐ Combine all ingredients; toss to coat. Cover and chill 8 hours.
- ☐ Serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:8.4817390642736%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 115.81kcal (5.79%), Fat: 4.55g (7.01%), Saturated Fat: 1.48g (9.23%), Carbohydrates: 14.91g (4.97%), Net Carbohydrates: 13.59g (4.94%), Sugar: 8.97g (9.96%), Cholesterol: 6.8mg (2.27%), Sodium: 506.58mg (22.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.59%), Potassium: 978.55mg (27.96%), Vitamin B6: 0.47mg (23.71%), Vitamin C: 17.26mg (20.92%), Copper: 0.38mg (18.83%), Zinc: 2.26mg (15.08%), Phosphorus: 127.4mg (12.74%), Vitamin K: 12.73µg (12.12%), Calcium: 108.75mg (10.88%), Vitamin B2: 0.13mg (7.87%), Iron: 1.19mg (6.63%), Vitamin A: 320.67IU (6.41%), Fiber: 1.32g (5.28%), Vitamin E: 0.76mg (5.09%), Folate: 19.03µg (4.76%), Manganese: 0.06mg (3.23%), Vitamin B3: 0.64mg (3.2%), Magnesium: 11.99mg (3%), Selenium: 2.08µg (2.97%), Vitamin B1: 0.04mg (2.46%), Vitamin B12: 0.09µg (1.45%)