



Antipasto with Red Pepper Tapenade

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



515 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons capers drained
- ☐ 0.5 loaf day old crusty bread sliced
- ☐ 0.5 pound deli meats italian such as sopressata, genoa salami sliced
- ☐ 2 large cloves garlic
- ☐ 1 jar marinated artichoke
- ☐ 0.3 cup oil-cured olives black
- ☐ 4 servings olive oil extra-virgin for drizzling
- ☐ 0.3 cup parsley leaves

- ☐ 4 servings pasilla peppers hot
- ☐ 16 ounce roasted peppers red drained
- ☐ 4 ounces tuna italian in oil

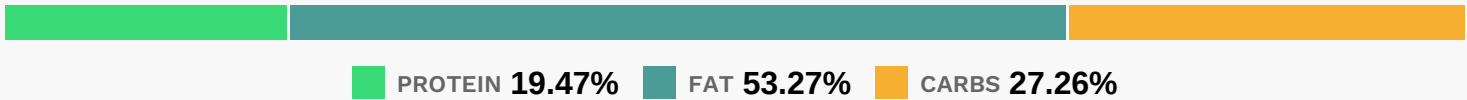
Equipment

- ☐ food processor
- ☐ knife
- ☐ broiler

Directions

- ☐ If your slices are wider than a few inches, cut each slice in 1/
- ☐ Char pieces of bread under hot broiler to toast and crisp. Rub with cracked garlic and drizzle bread with extra-virgin olive oil.
- ☐ Place roasted red peppers in a food processor with parsley.
- ☐ Place a few olives at a time under the flat of a knife and whack with the heel of your hand. Discard olive pits.
- ☐ Add olives to the food processor.
- ☐ Drain a few spoonfuls of capers and add to processor. Pulse the processor and grind into a paste.
- ☐ Transfer to a small dish.
- ☐ Arrange tuna, artichokes, hot peppers, meats and cheeses on a platter and serve with charred bread and red pepper spread for all-evening snacking.

Nutrition Facts



Properties

Glycemic Index:35.63, Glycemic Load:20.18, Inflammation Score:-9, Nutrition Score:28.906956506812%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 5.31mg, Kaempferol: 5.31mg, Kaempferol: 5.31mg, Kaempferol: 5.31mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg

Nutrients (% of daily need)

Calories: 514.51kcal (25.73%), Fat: 30.64g (47.14%), Saturated Fat: 6.33g (39.54%), Carbohydrates: 35.27g (11.76%), Net Carbohydrates: 30.45g (11.07%), Sugar: 3.39g (3.77%), Cholesterol: 45.36mg (15.12%), Sodium: 2998.68mg (130.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.2g (50.4%), Vitamin C: 90.44mg (109.62%), Vitamin K: 74.12µg (70.59%), Selenium: 47.16µg (67.37%), Vitamin B1: 0.76mg (50.93%), Vitamin B3: 8.83mg (44.14%), Vitamin B6: 0.69mg (34.35%), Vitamin A: 1480.74IU (29.61%), Iron: 4.71mg (26.16%), Manganese: 0.52mg (25.95%), Phosphorus: 249.52mg (24.95%), Vitamin B2: 0.42mg (24.86%), Folate: 97.52µg (24.38%), Vitamin E: 3mg (19.99%), Fiber: 4.82g (19.3%), Vitamin B12: 1.09µg (18.19%), Copper: 0.35mg (17.28%), Zinc: 2.37mg (15.8%), Potassium: 539.87mg (15.42%), Magnesium: 55.03mg (13.76%), Calcium: 108mg (10.8%), Vitamin B5: 0.61mg (6.12%), Vitamin D: 0.74µg (4.91%)