



Artichoke, Cheese and Olive Antipasto

 Vegetarian  Gluten Free

READY IN



210 min.

SERVINGS



8

CALORIES



454 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 15 ounce olives black drained canned
- ☐ 8 basil leaves fresh cut into thin strips
- ☐ 1 clove garlic finely chopped
- ☐ 19.5 ounce marinated artichoke hearts undrained
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 pound provolone cheese smoked diced

- ☐ 12 ounce roasted bell peppers red drained sliced
- ☐ 1 pinch salt and pepper to taste

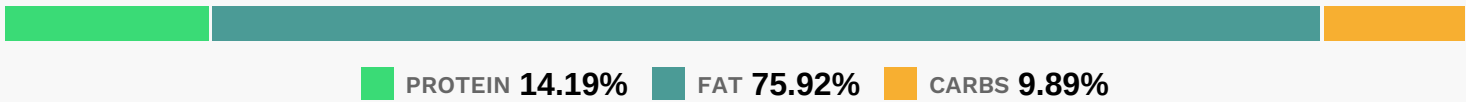
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Pour the jars of artichoke hearts with their liquid into a 1 1/2 quart or larger container with a tight sealing lid.
- ☐ Add the bell peppers, black olives, and provolone cheese.
- ☐ In a medium bowl, whisk together the olive oil, balsamic vinegar, oregano, garlic, salt and pepper.
- ☐ Pour over the ingredients in the container. Seal the lid, and refrigerate for at least 3 hours, shaking gently about once per hour.
- ☐ To serve, allow the mixture to come to room temperature. Spoon onto serving plates, and top with basil shreds as a garnish.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:1.72, Inflammation Score:-8, Nutrition Score:13.339565251185%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 454.32kcal (22.72%), Fat: 38.57g (59.34%), Saturated Fat: 12.73g (79.56%), Carbohydrates: 11.3g (3.77%), Net Carbohydrates: 7.59g (2.76%), Sugar: 3.69g (4.1%), Cholesterol: 39.12mg (13.04%), Sodium: 2094.97mg (91.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.22g (32.44%), Calcium: 495.32mg (49.53%), Vitamin C: 34.48mg (41.79%), Vitamin A: 1643.26IU (32.87%), Phosphorus: 295.87mg (29.59%), Vitamin E: 3.48mg

(23.19%), Fiber: 3.71g (14.86%), Vitamin B12: 0.83µg (13.8%), Zinc: 1.95mg (13.02%), Selenium: 8.89µg (12.7%), Vitamin B2: 0.2mg (11.76%), Vitamin K: 9.85µg (9.38%), Iron: 1.62mg (9.02%), Magnesium: 29mg (7.25%), Copper: 0.14mg (7.07%), Vitamin B6: 0.14mg (7.01%), Manganese: 0.11mg (5.58%), Potassium: 184.86mg (5.28%), Folate: 14.65µg (3.66%), Vitamin B5: 0.3mg (3.02%), Vitamin B3: 0.46mg (2.3%), Vitamin B1: 0.03mg (2.24%), Vitamin D: 0.28µg (1.89%)