



Artichoke, Olive, and Roasted Pepper Antipasto

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 28 ounce artichoke hearts whole canned
- ☐ 6 servings accompaniment: crusty bread italian
- ☐ 0.7 cup flat-leafed parsley leaves fresh packed
- ☐ 2 garlic cloves
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.7 cup brine-cured olives black
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 3 bell peppers red
- ☐ 1 tablespoon butter unsalted
- ☐ 3 bell peppers yellow

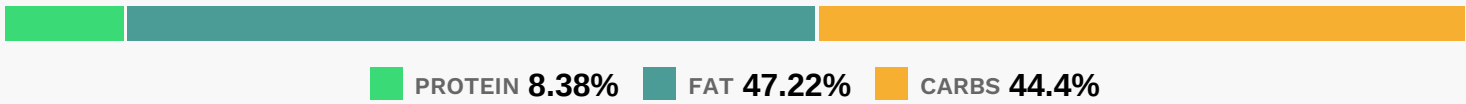
Equipment

- ☐ frying pan

Directions

- ☐ Quick-roast and peel bell peppers.
- ☐ Cut roasted peppers into 3/4-inch-wide strips. Mince garlic. Rinse and drain artichoke hearts. Pat artichokes dry and cut through stem ends into quarters. Chop parsley.
- ☐ In a 12-inch heavy skillet cook garlic in oil and butter over moderate heat, stirring, until fragrant.
- ☐ Add artichokes and cook, stirring, until heated through, about 3 minutes. Stir in roasted peppers, parsley, remaining ingredients, and salt and pepper to taste until combined.
- ☐ Serve antipasto at room temperature with bread.

Nutrition Facts



Properties

Glycemic Index:29.08, Glycemic Load:1.31, Inflammation Score:-9, Nutrition Score:16.396086881666%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 14.37mg, Apigenin: 14.37mg, Apigenin: 14.37mg, Apigenin: 14.37mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 128.89kcal (6.44%), Fat: 6.92g (10.64%), Saturated Fat: 1.9g (11.85%), Carbohydrates: 14.64g (4.88%), Net Carbohydrates: 10.04g (3.65%), Sugar: 3.84g (4.27%), Cholesterol: 5.02mg (1.67%), Sodium: 736.33mg (32.01%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.53%), Vitamin C: 196.46mg (238.13%), Vitamin K: 114.05µg (108.62%), Vitamin A: 2661.2IU (53.22%), Fiber: 4.6g (18.38%), Vitamin B6: 0.3mg (14.98%), Folate: 55.75µg (13.94%), Vitamin E: 1.96mg (13.08%), Potassium: 305.83mg (8.74%), Manganese: 0.17mg (8.48%), Vitamin B3: 1.3mg (6.48%), Iron: 1.09mg (6.06%), Copper: 0.11mg (5.37%), Magnesium: 20.18mg (5.05%), Vitamin B2: 0.08mg (4.7%), Vitamin B1: 0.07mg (4.54%), Phosphorus: 37.76mg (3.78%), Vitamin B5: 0.34mg (3.37%), Calcium: 30.92mg (3.09%), Zinc: 0.35mg (2.36%), Selenium: 0.84µg (1.19%)