



Baby Vegetable Antipasto

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 pounds baby artichokes
- 3 bunches baby carrots with tops (1 1/2 pounds), peeled
- 4 ounces belgian endive separated
- 1 tablespoon basil fresh chopped
- 1 tablespoon flat-leaf parsley fresh chopped
- 3 ounces mozzarella cheese fresh
- 1 garlic clove crushed
- 2 teaspoons olive oil extra-virgin

- 20 olives pitted ripe
- 1 Dash pepper black freshly ground
- 1 cup torn radicchio
- 2 bunches radishes with tops (1 1/2 pounds)
- 12 ounces potatoes red
- 0.5 teaspoon salt
- 1 Dash sugar
- 3 tablespoons citrus champagne vinegar

Equipment

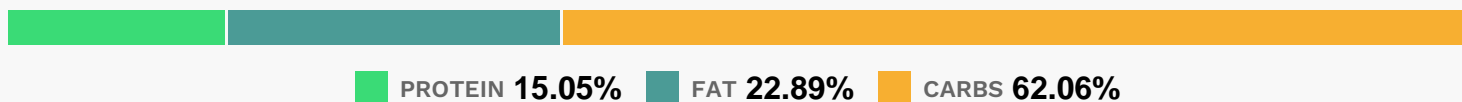
- bowl
- whisk

Directions

- To prepare marinade, combine first 8 ingredients in a bowl; stir well with a whisk.
- To prepare vegetables, working with 1 artichoke at a time, cut off stem to the base.
- Remove bottom leaves and tough outer leaves, leaving tender heart and bottom; trim about 1 inch from top of artichoke. Steam artichokes, covered, 20 minutes or until tender; cool to room temperature.
- Cut artichokes in half lengthwise.
- Remove fuzzy thistle from bottom with a spoon.
- Steam potatoes, covered, 6 minutes or until tender. Cool to room temperature.
- Trim carrot stems to 2 inches. Steam carrots, covered, for 20 seconds. Plunge into ice water; drain well.
- Trim radish tops to 1 inch.
- Place artichokes, potatoes, carrots, radishes, radicchio, and endive in a large bowl.
- Drizzle with marinade; toss gently to coat. Cover and marinate in refrigerator 2 hours.
- Arrange vegetables on a platter; top with olives and cheese.
- Serve the Baby Vegetable Antipasto and Rosemary-Scented Flatbread with Black Grapes with a light, snappy white like Pino and Toi from the producer Maculan. A blend of Pinot Grigio,

Pinot Bianco, Tacai, and Chardonnay, the 2001 is \$ Other good bets: Italian Gavi or Orvieto.

Nutrition Facts



Properties

Glycemic Index:29.31, Glycemic Load:0.21, Inflammation Score:-10, Nutrition Score:14.319565243695%

Flavonoids

Cyanidin: 5.08mg, Cyanidin: 5.08mg, Cyanidin: 5.08mg, Cyanidin: 5.08mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Pelargonidin: 6.31mg, Pelargonidin: 6.31mg, Pelargonidin: 6.31mg, Pelargonidin: 6.31mg Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 151.95kcal (7.6%), Fat: 4.19g (6.44%), Saturated Fat: 1.44g (9.02%), Carbohydrates: 25.53g (8.51%), Net Carbohydrates: 16.52g (6.01%), Sugar: 8.54g (9.49%), Cholesterol: 6.72mg (2.24%), Sodium: 496.54mg (21.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.19g (12.38%), Vitamin A: 19364.8IU (387.3%), Fiber: 9g (36.02%), Vitamin K: 32.21µg (30.67%), Potassium: 549.8mg (15.71%), Iron: 2.76mg (15.34%), Manganese: 0.29mg (14.49%), Folate: 53.26µg (13.31%), Vitamin C: 10.6mg (12.85%), Calcium: 124.78mg (12.48%), Vitamin B6: 0.22mg (11.19%), Copper: 0.22mg (10.92%), Phosphorus: 96.71mg (9.67%), Vitamin B5: 0.7mg (6.98%), Magnesium: 26.82mg (6.71%), Vitamin B3: 1.23mg (6.16%), Vitamin B1: 0.08mg (5.48%), Vitamin B2: 0.09mg (5.46%), Zinc: 0.68mg (4.5%), Selenium: 3.07µg (4.38%), Vitamin E: 0.53mg (3.57%), Vitamin B12: 0.19µg (3.23%)