



Fresh Mozzarella Antipasti



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



382 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 artichokes
- ☐ 0.5 cup balsamic vinegar
- ☐ 10 small basil leaves
- ☐ 1 bay leaf
- ☐ 1 bouquet garnic
- ☐ 2 carrots
- ☐ 2 celery stalks
- ☐ 1 tablespoon parsley fresh chopped

- ☐ 1 head garlic cut in half lengthwise
- ☐ 5 grape tomatoes
- ☐ 2 juice of lemon juiced
- ☐ 10 mozzarella bocconcini fresh
- ☐ 0.3 cup olive oil
- ☐ 1 onion peeled quartered
- ☐ 1 pinch pepper flakes red crushed
- ☐ 4 servings red wine vinegar
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 servings sugar
- ☐ 2 cups white wine

Equipment

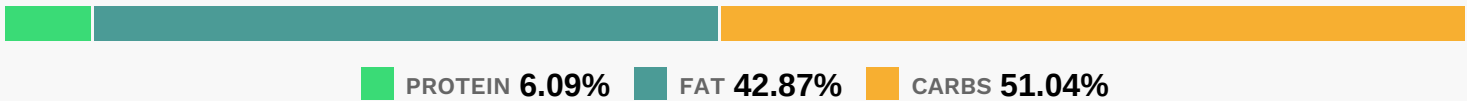
- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ skewers

Directions

- ☐ Combine 6 cups water, the wine, carrots, celery, garlic, onion, bay leaf and bouquet garni in a large pot and bring to boil. Then reduce to a simmer and cook for 30 minutes. Strain and set aside.
- ☐ For the vegetables: Trim and peel the artichokes to the heart and remove the choke. Drop the artichoke hearts in a bowl of water with a squeeze of fresh lemon juice to prevent oxidation.
- ☐ Cook the artichoke hearts in the vegetable stock until tender, 6 to 8 minutes. Chill in the refrigerator until ready to serve.
- ☐ Cut the artichokes into bite-size pieces and toss in a bowl with some salt, pepper, a few drizzles of olive oil, the parsley, red pepper flakes, a little lemon juice, a few pinches sugar and a splash of red wine vinegar.

- ☐ Cut the tomatoes and marinate with some salt and pepper, a few drizzles of olive oil and a little red wine vinegar.
- ☐ Heat the balsamic vinegar in a small saucepan and simmer over medium heat until reduced to a syrup. Chill the reduced balsamic vinegar until ready to serve.
- ☐ Alternate the tomatoes, artichokes, basil leaves and mozzarella on each skewer.
- ☐ Drizzle a little balsamic reduction over each skewer and season with salt and pepper.
- ☐ This recipe was created by a contestant during a cooking competition. The Food Network Kitchens have not tested it for home use, therefore, we cannot make any representation as to the results.

Nutrition Facts



Properties

Glycemic Index:125.48, Glycemic Load:15.06, Inflammation Score:-10, Nutrition Score:20.17521729709%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg Naringenin: 8.81mg, Naringenin: 8.81mg, Naringenin: 8.81mg, Naringenin: 8.81mg Apigenin: 7.14mg, Apigenin: 7.14mg, Apigenin: 7.14mg, Apigenin: 7.14mg Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 382.33kcal (19.12%), Fat: 14.68g (22.59%), Saturated Fat: 2.28g (14.24%), Carbohydrates: 39.33g (13.11%), Net Carbohydrates: 32.57g (11.84%), Sugar: 22.36g (24.84%), Cholesterol: 1.98mg (0.66%), Sodium: 119.83mg (5.21%), Alcohol: 12.36g (100%), Alcohol %: 4.38% (100%), Protein: 4.69g (9.39%), Vitamin A: 5737.5IU (114.75%), Vitamin K: 67.16µg (63.96%), Manganese: 0.79mg (39.61%), Vitamin C: 25.63mg (31.07%), Fiber: 6.76g (27.03%), Iron: 4.84mg (26.9%), Magnesium: 80.03mg (20.01%), Potassium: 662.47mg (18.93%), Folate: 74.89µg (18.72%), Vitamin B6: 0.37mg (18.39%), Vitamin E: 2.51mg (16.74%), Calcium: 167.17mg (16.72%), Phosphorus: 142.76mg (14.28%), Copper: 0.27mg (13.51%), Vitamin B1: 0.12mg (8.2%), Vitamin B3: 1.5mg (7.5%), Vitamin B2: 0.12mg (7.24%), Zinc: 0.95mg (6.36%), Vitamin B5: 0.48mg (4.84%), Selenium: 2.1µg (3%)