



Garlic and Sage Marinated Antipasto

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



355 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 artichoke hearts halved drained well
- 7 ounces olives mixed green black
- 5 ounces cheese sliced
- 7 ounces cherry tomatoes halved
- 3 cloves garlic sliced
- 4 tablespoons olive oil fruity
- 4 servings pepper black
- 15 sage

2 tablespoons citrus champagne vinegar

Equipment

sauce pan

Directions

- Combine the artichokes, olives, and tomatoes.
- Place the oil and sage in a small saucepan over medium heat and cook for 1 minute.
- Add the garlic and pepper and cook for a further 2 minutes or until the sage is crisp.
- Remove from the heat and stir through the vinegar.
- Pour over the artichoke mixture and stand for 5 minutes before serving.
- Serve with the fetta and crispbread biscuits or slices of crusty bread.
- From Instant Entertaining by Donna Hay. Reprinted with permission from The Ecco Press.

Nutrition Facts

 **PROTEIN 10.35%**  **FAT 83.41%**  **CARBS 6.24%**

Properties

Glycemic Index:22.25, Glycemic Load:0.46, Inflammation Score:-6, Nutrition Score:10.262608678445%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 354.81kcal (17.74%), Fat: 33.72g (51.87%), Saturated Fat: 9.76g (60.99%), Carbohydrates: 5.67g (1.89%), Net Carbohydrates: 3.58g (1.3%), Sugar: 1.65g (1.84%), Cholesterol: 35.44mg (11.81%), Sodium: 1017.99mg (44.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.41g (18.83%), Vitamin E: 4.45mg (29.68%), Copper: 0.58mg (28.92%), Calcium: 287.9mg (28.79%), Phosphorus: 182.43mg (18.24%), Vitamin A: 793.4IU (15.87%), Selenium: 11.05µg (15.78%), Vitamin C: 12.05mg (14.61%), Vitamin K: 11.56µg (11.01%), Vitamin B2: 0.17mg (10.21%), Zinc: 1.42mg (9.48%), Fiber: 2.09g (8.36%), Vitamin B12: 0.38µg (6.26%), Manganese: 0.12mg (6.23%), Vitamin B6: 0.11mg (5.36%), Magnesium: 20.78mg (5.2%), Potassium: 170.34mg (4.87%), Iron: 0.81mg (4.52%), Folate: 15.46µg (3.87%),

Vitamin B1: 0.04mg (2.91%), Vitamin B5: 0.24mg (2.37%), Vitamin B3: 0.42mg (2.08%), Vitamin D: 0.21µg (1.42%)