



Grano: Antipasto Grano Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



122 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14 ounce can artichoke hearts drained quartered canned
- ☐ 2 tablespoons olives black sliced
- ☐ 0.3 cup bottled pepperocini
- ☐ 0.5 cup ham diced
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 0.5 bell pepper red cut into strips
- ☐ 1 tablespoon onion diced red
- ☐ 14 ounce european salad mix

- ☐ 2.5 tablespoons bottled dressing italian low-fat
- ☐ 1.5 cups water
- ☐ 0.5 cup grano
- ☐ 0.5 cup grano

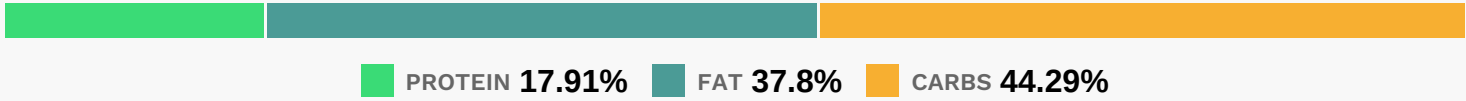
Equipment

- ☐ bowl

Directions

- ☐ Bring water to a boil; add grano. Simmer covered until tender, about 50 minutes. Chill.
- ☐ Combine salad mix with grano and next 6 ingredients (artichoke hearts through red onion) in a large bowl; toss well.
- ☐ Drizzle salad dressing over salad mix and toss gently.
- ☐ Sprinkle grated cheese over top of salad.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.59, Inflammation Score:-8, Nutrition Score:8.1747825654305%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 122.2kcal (6.11%), Fat: 5.15g (7.92%), Saturated Fat: 0.86g (5.37%), Carbohydrates: 13.58g (4.53%), Net Carbohydrates: 11.26g (4.1%), Sugar: 4.14g (4.6%), Cholesterol: 12.82mg (4.27%), Sodium: 754.25mg (32.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.98%), Vitamin C: 43.04mg (52.17%), Vitamin A: 1625.8IU (32.52%), Folate: 46.25µg (11.56%), Manganese: 0.21mg (10.57%), Fiber: 2.31g (9.24%), Potassium: 274.55mg (7.84%), Vitamin B6: 0.15mg (7.61%), Vitamin K: 7.44µg (7.09%), Phosphorus: 60.6mg (6.06%), Copper: 0.11mg (5.39%), Magnesium: 21.37mg (5.34%), Iron: 0.93mg (5.18%), Vitamin E: 0.74mg (4.94%), Vitamin B2: 0.08mg (4.59%), Vitamin B3: 0.82mg (4.11%), Calcium: 33.57mg (3.36%), Vitamin B1: 0.05mg (3.15%), Zinc: 0.38mg (2.54%),

Vitamin B5: 0.22mg (2.17%), Selenium: 1.48µg (2.12%)