



Grilled Antipasti Platter with Lemon Aioli

 Gluten Free

READY IN



65 min.

SERVINGS



10

CALORIES



217 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup salad dressing
- 1 teaspoon lemon zest grated
- 2 tablespoons juice of lemon fresh
- 1 cloves garlic finely chopped
- 1 medium zucchini cut into 4-inch sticks
- 1 medium to 3 sized squashes yellow cut into 4-inch sticks
- 1 medium bell pepper red cut into 2-inch pieces
- 2 cups cherry tomatoes

- 1 cup mushrooms whole
- 1 medium onion red cut into 1/2-inch wedges
- 2 tablespoons vegetable oil
- 1 teaspoon salt
- 0.3 lb genoa salami hard thin
- 0.5 lb mozzarella cheese cut into 1/2-inch cubes

Equipment

- bowl
- grill
- wok

Directions

- In small bowl, stir all aioli ingredients until well mixed. Cover and refrigerate at least 1 hour before serving.
- Heat coals or gas grill for direct heat.
- In large bowl, toss vegetables with oil and salt.
- Heat grill basket (grill "wok") on grill until hot.
- Add vegetables to grill basket. Cover and grill vegetables 6 to 10 minutes, shaking basket or stirring vegetables occasionally, until vegetables are crisp-tender and lightly charred.
- Arrange salami around edge of large serving platter. Mound grilled vegetables onto center of serving platter.
- Sprinkle cheese cubes over vegetables.
- Serve with aioli for dipping.

Nutrition Facts

 **PROTEIN 16.33%**  **FAT 68.48%**  **CARBS 15.19%**

Properties

Glycemic Index:22.3, Glycemic Load:0.86, Inflammation Score:-6, Nutrition Score:10.331304301386%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 217.28kcal (10.86%), Fat: 16.79g (25.83%), Saturated Fat: 5.49g (34.29%), Carbohydrates: 8.38g (2.79%), Net Carbohydrates: 7.19g (2.61%), Sugar: 5.68g (6.31%), Cholesterol: 26.88mg (8.96%), Sodium: 871.11mg (37.87%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 9.01g (18.02%), Vitamin C: 31.49mg (38.17%), Vitamin K: 21.58µg (20.55%), Vitamin A: 759.01IU (15.18%), Phosphorus: 148.28mg (14.83%), Vitamin B12: 0.84µg (13.97%), Calcium: 133.2mg (13.32%), Vitamin B6: 0.25mg (12.36%), Vitamin B2: 0.21mg (12.18%), Selenium: 8.44µg (12.06%), Vitamin B1: 0.17mg (11.11%), Zinc: 1.42mg (9.47%), Potassium: 323.67mg (9.25%), Manganese: 0.16mg (8.02%), Vitamin E: 1.19mg (7.94%), Vitamin B3: 1.51mg (7.57%), Folate: 25.91µg (6.48%), Magnesium: 21.43mg (5.36%), Copper: 0.11mg (5.32%), Fiber: 1.19g (4.76%), Vitamin B5: 0.46mg (4.62%), Iron: 0.79mg (4.37%)