



Grilled Antipasto Platter



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



10

CALORIES



260 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 baby artichokes
- ☐ 10 servings chervil leaves fresh for garnish
- ☐ 2 medium eggplant thick sliced
- ☐ 10 servings basil leaves fresh for garnish
- ☐ 4 sprigs rosemary fresh chopped
- ☐ 4 sprigs thyme leaves fresh chopped
- ☐ 6 cloves garlic chopped
- ☐ 10 servings kosher salt and pepper black freshly ground

- ☐ 2 lemons halved
- ☐ 1 cup olive oil extra-virgin
- ☐ 1 cup olive oil extra-virgin as needed plus more and for garnish
- ☐ 0.5 pound alfonso olives for garnish
- ☐ 4 bell peppers red cored halved
- ☐ 0.5 pound ricotta salata crumbled for garnish
- ☐ 1 bunch scallions
- ☐ 5 tomatoes halved
- ☐ 4 medium zucchini sliced

Equipment

- ☐ sauce pan
- ☐ pot
- ☐ grill

Directions

- ☐ To make the Garlic and Herb Oil, put all the ingredients into a small saucepan and put it over low heat. Cook for about 5 minutes, just until it becomes aromatic. Set aside and allow the oil to cool.
- ☐ Bring a large pot of water to a simmer. Squeeze in the juice from 1 lemon and throw the lemon halves in as well. Trim and halve the artichokes and remove the chokes.
- ☐ Put them into the pot and cook them until they are tender, about 10 minutes.
- ☐ Drain and set aside.
- ☐ Heat the grill to low. Have a large shallow dish filled with 1 cup olive oil. Coat the eggplant, zucchini, peppers, artichokes, scallions, and tomatoes separately with the oil. Grill the vegetables, basting generously with the Garlic and Herb Oil, until tender and soft: about 10 minutes for the eggplant, 8 minutes for the zucchini, 15 minutes for the peppers, 10 minutes for the artichokes, and 5 minutes for the scallions and tomatoes. Arrange them on a large platter and garnish with the olives, cheese, and herbs. Squeeze over the remaining lemon juice and drizzle with a bit of olive oil.

Nutrition Facts



 **PROTEIN 13.03%**  **FAT 49.35%**  **CARBS 37.62%**

Properties

Glycemic Index:37.65, Glycemic Load:3.06, Inflammation Score:-10, Nutrition Score:21.243043477121%

Flavonoids

Delphinidin: 78.49mg, Delphinidin: 78.49mg, Delphinidin: 78.49mg, Delphinidin: 78.49mg Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg Hesperetin: 6.03mg, Hesperetin: 6.03mg, Hesperetin: 6.03mg, Hesperetin: 6.03mg Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 259.56kcal (12.98%), Fat: 15.88g (24.43%), Saturated Fat: 3.69g (23.09%), Carbohydrates: 27.24g (9.08%), Net Carbohydrates: 15.7g (5.71%), Sugar: 11.14g (12.38%), Cholesterol: 11.57mg (3.86%), Sodium: 494.46mg (21.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.43g (18.86%), Vitamin C: 101.07mg (122.51%), Vitamin A: 3343.19IU (66.86%), Fiber: 11.55g (46.18%), Vitamin K: 33µg (31.43%), Manganese: 0.58mg (29.02%), Vitamin E: 3.65mg (24.34%), Vitamin B6: 0.46mg (23.23%), Potassium: 794.99mg (22.71%), Folate: 81.8µg (20.45%), Iron: 3.14mg (17.43%), Calcium: 148.64mg (14.86%), Vitamin B2: 0.22mg (13.19%), Phosphorus: 128.98mg (12.9%), Magnesium: 50.49mg (12.62%), Copper: 0.22mg (11.16%), Vitamin B3: 1.98mg (9.92%), Vitamin B1: 0.15mg (9.7%), Vitamin B5: 0.74mg (7.38%), Zinc: 1.05mg (7%), Selenium: 4.63µg (6.62%), Vitamin B12: 0.08µg (1.29%)