

SIDE DISH

Italian Antipasto Salad

6 October 2026

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
10 min	10 min	6	\$2.42	398 kcal



Italian Antipasto Salad is a Mediterranean side dish. Watching your figure? This gluten free recipe has 398 calories, 20g of protein, and 28g of fat per serving. This recipe serves 6. For \$2.42 per serving, this recipe covers 24% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ ½ head butter lettuce, cut into bite-size pieces
- ☐ 1 teaspoon honey
- ☐ 1 cup rinsed canned red kidney beans, patted dry
- ☐ 1 cup olive oil
- ☐ ½ cup red wine vinegar
- ☐ 8 ounces salami, cubed
- ☐ 6 servings Salt and freshly ground black pepper
- ☐ 1 cup rinsed canned garbanzo beans, patted dry
- ☐ ½ head iceberg lettuce, cut into bite-size pieces
- ☐ 3 tablespoons lemon juice
- ☐ 6 ounces Provolone, cubed
- ☐ ½ head romaine lettuce, cut into bite-size pieces
- ☐ 2 teaspoons salt
- ☐ 2 tomatoes, coarsely chopped

Method

- 1

Mix the vinegar, lemon juice, honey, and salt in a blender. With the machine running, gradually blend in the oil. Season the vinaigrette with salt and pepper, to taste.
- 2

Combine the first 8 ingredients in a large bowl. Toss with enough vinaigrette to coat. Season the salad with salt and pepper, to taste, and serve.

Nutrition per serving			
	398	20 g	28 g
	KCAL	PROTEIN	FAT
			16 g
			CARBS
Saturated Fat			10.5 g · 65% of daily needs
Fibre			5.1 g · 20% of daily needs
Sugar			4.6 g · 5% of daily needs
Sodium			2,000 mg · 87% of daily needs
Cholesterol			49.4 mg · 16% of daily needs
Vitamin C			12.7 mg · 15% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/italian-antipasto-salad-148383