



Italian Antipasto Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



579 kcal

SIDE DISH

Ingredients

- ☐ 14 ounce artichoke hearts drained quartered canned
- ☐ 0.3 cup balsamic vinegar
- ☐ 0.7 cup deli ham lean thinly sliced cut into 1/2-inch-wide strips (1/4 pound)
- ☐ 2 teaspoons dijon mustard
- ☐ 1 cup no-salt-added chickpeas canned drained (garbanzo beans)
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 1 tablespoon nonfat parmesan cheese grated

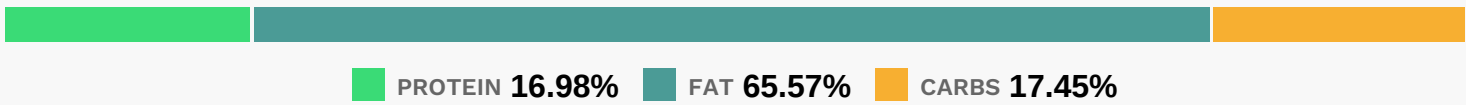
- ☐ 0.3 teaspoon pepper
- ☐ 1 large bell pepper red cut into rings
- ☐ 10 ounce ready-to-eat salad mediterranean-style
- ☐ 2 tablespoons water

Equipment

Directions

- ☐ Arrange salad on a serving platter, and top with chickpeas, ham, artichokes, and bell pepper rings.
- ☐ Combine vinegar and next 5 ingredients (vinegar through pepper); stir well, and drizzle over salad.
- ☐ Sprinkle cheese over salad, and garnish with chopped parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:1.91, Inflammation Score:-10, Nutrition Score:26.191739097885%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 579.46kcal (28.97%), Fat: 43.87g (67.49%), Saturated Fat: 9.74g (60.85%), Carbohydrates: 26.27g (8.76%), Net Carbohydrates: 20.3g (7.38%), Sugar: 11.71g (13.01%), Cholesterol: 25.3mg (8.43%), Sodium: 917.23mg (39.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.57g (51.14%), Vitamin C: 68.94mg (83.57%), Manganese: 1.17mg (58.68%), Vitamin B3: 11.04mg (55.21%), Vitamin E: 7.27mg (48.45%), Vitamin A: 2109.56IU (42.19%), Phosphorus: 354.1mg (35.41%), Magnesium: 133.87mg (33.47%), Vitamin B6: 0.62mg (30.94%), Folate: 103.85µg (25.96%), Vitamin B1: 0.38mg (25.56%), Fiber: 5.97g (23.86%), Potassium: 711.84mg (20.34%), Zinc: 2.86mg (19.09%), Selenium: 13.08µg (18.69%), Copper: 0.36mg (17.99%), Vitamin B2: 0.29mg (17.06%), Iron: 2.47mg (13.71%), Vitamin B5: 1.1mg (10.98%), Calcium: 75.93mg (7.59%), Vitamin K: 7.68µg (7.32%), Vitamin B12: 0.27µg (4.46%), Vitamin D: 0.28µg (1.88%)