



Italian Horns

READY IN



30 min.

SERVINGS



4

CALORIES



612 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings artichoke hearts
- ☐ 8 sesame bread sticks
- ☐ 8 celery stalks halved lengthwise
- ☐ 1 brick cream cheese
- ☐ 1 clove garlic grated finely chopped
- ☐ 0.5 cup olives green with pimienta drained very well jarred
- ☐ 4 servings marinated mushrooms
- ☐ 4 servings eggplant in olive oil extra-virgin
- ☐ 8 slices prosciutto di parma

- ☐ 1 cup ricotta cheese
- ☐ 4 servings roasted peppers red
- ☐ 8 slices genoa salami
- ☐ 4 servings giardiniera vegetable salad hot
- ☐ 8 slices copicolla hot (ham)
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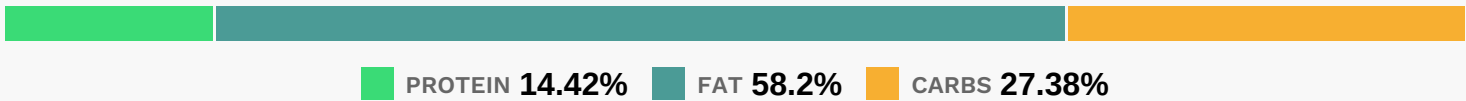
Equipment

- ☐ bowl

Directions

- ☐ Combine cream cheese, ricotta, olives with pimienta and garlic in processor bowl and process until smooth.
- ☐ To make each horn, place a piece of prosciutto on work surface and spread with a layer of cheese, top that layer with a slice each of Genoa and ham layered next to each other.
- ☐ Spread more cheese over the salami and ham and place a bread stick and a celery stick at 1 end of the meats with ends hanging off to the side. Wrap and roll the meat forming a fancy Italian horn. Repeat with remaining ingredients.
- ☐ Arrange a platter with antipasti and garnish with a pile of Italian horns.

Nutrition Facts



Properties

Glycemic Index:61.92, Glycemic Load:18.86, Inflammation Score:-10, Nutrition Score:24.125217437744%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 611.58kcal (30.58%), Fat: 40.17g (61.79%), Saturated Fat: 12.22g (76.37%), Carbohydrates: 42.52g (14.17%), Net Carbohydrates: 35.91g (13.06%), Sugar: 3.6g (4%), Cholesterol: 56.65mg (18.88%), Sodium: 1162.28mg (50.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.39g (44.79%), Vitamin A: 5014.78IU (100.3%), Selenium: 33.58µg (47.98%), Manganese: 0.93mg (46.5%), Vitamin B1: 0.57mg (37.86%), Vitamin B3: 6.06mg (30.31%), Phosphorus: 292.36mg (29.24%), Fiber: 6.61g (26.43%), Vitamin B2: 0.42mg (24.66%), Calcium: 238.35mg (23.84%), Folate: 85.38µg (21.35%), Iron: 3.61mg (20.08%), Vitamin E: 2.93mg (19.51%), Zinc: 2.68mg (17.9%), Vitamin B6: 0.34mg (17.01%), Magnesium: 60.56mg (15.14%), Vitamin K: 14.45µg (13.76%), Potassium: 469.52mg (13.42%), Vitamin B12: 0.8µg (13.26%), Vitamin C: 10.52mg (12.76%), Copper: 0.24mg (12.13%), Vitamin B5: 1.05mg (10.49%), Vitamin D: 0.19µg (1.25%)