



John's Quick Antipasto

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



10

CALORIES



259 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz olives black pitted drained canned
- 6 oz button mushrooms whole drained
- 16 oz tomato sauce canned
- 16 oz giardiniera drained (see notes)
- 12 oz marinated artichoke hearts
- 0.3 cup red wine vinegar
- 10 servings salt and pepper
- 7.5 oz water-packed tuna drained canned

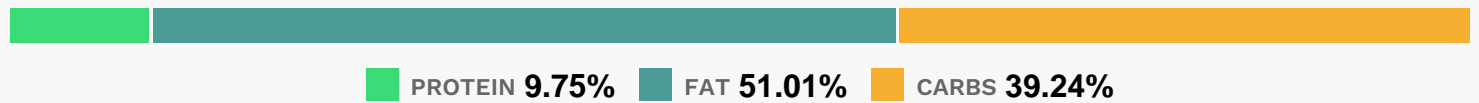
Equipment

bowl

Directions

- In a bowl, mix giardiniera, artichoke hearts (including marinade), mushrooms, olives, tomato sauce, tuna, and vinegar. Cover and chill to blend flavors, at least 12 hours, or up to 2 days.
- Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:7.7, Glycemic Load:0.9, Inflammation Score:-5, Nutrition Score:7.6982608100642%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg

Nutrients (% of daily need)

Calories: 258.97kcal (12.95%), Fat: 21.74g (33.44%), Saturated Fat: 1.22g (7.63%), Carbohydrates: 37.62g (12.54%), Net Carbohydrates: 34.78g (12.65%), Sugar: 2.51g (2.78%), Cholesterol: 7.65mg (2.55%), Sodium: 2286.75mg (99.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.35g (18.7%), Selenium: 16.63µg (23.75%), Vitamin C: 14.89mg (18.05%), Vitamin B3: 3.27mg (16.33%), Vitamin E: 2.24mg (14.91%), Vitamin A: 704.7IU (14.09%), Fiber: 2.84g (11.36%), Vitamin B12: 0.55µg (9.22%), Copper: 0.16mg (8.24%), Iron: 1.34mg (7.46%), Vitamin B6: 0.14mg (7.12%), Potassium: 245.27mg (7.01%), Vitamin B2: 0.12mg (6.95%), Phosphorus: 58.07mg (5.81%), Magnesium: 17.83mg (4.46%), Vitamin B5: 0.44mg (4.35%), Calcium: 38.61mg (3.86%), Manganese: 0.06mg (3.19%), Vitamin B1: 0.04mg (2.63%), Zinc: 0.35mg (2.31%), Folate: 9.02µg (2.25%), Vitamin D: 0.29µg (1.93%), Vitamin K: 1.87µg (1.78%)