



Lemon-Basil Antipasto

READY IN



20 min.

SERVINGS



4

CALORIES



412 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons olive oil extra virgin
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 sticks bread crackers italian sliced
- ☐ 0.5 cup kalamata olives pitted
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 medium optional: lemon
- ☐ 0.3 teaspoon freshly cracked pepper
- ☐ 8 pepperoncini peppers
- ☐ 0.5 pound sharp provolone cheese cut into 8 wedges

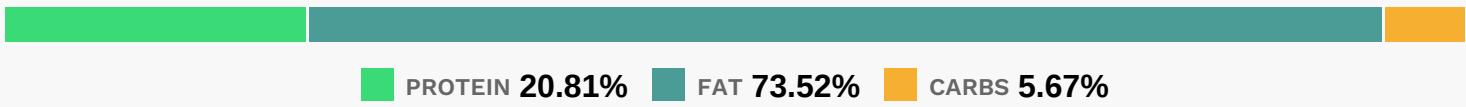
- ☐ 4 radishes cut into quarters
- ☐ 12 slices genoa salami thin
- ☐ 1 small zucchini thinly sliced

Equipment

Directions

- ☐ Arrange provolone cheese and next 5 ingredients on a serving platter; drizzle with olive oil. Squeeze juice from lemon over antipasto, and sprinkle with next 3 ingredients.
- ☐ Serve immediately with breadsticks, crackers, or sliced Italian bread.
- ☐ *2 Tbsp. chopped fresh parsley may be substituted.

Nutrition Facts



Properties

Glycemic Index:57.38, Glycemic Load:0.81, Inflammation Score:-6, Nutrition Score:15.411739230156%

Flavonoids

Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 412.16kcal (20.61%), Fat: 34.1g (52.46%), Saturated Fat: 14.31g (89.41%), Carbohydrates: 5.91g (1.97%), Net Carbohydrates: 3.88g (1.41%), Sugar: 2.03g (2.25%), Cholesterol: 60.45mg (20.15%), Sodium: 1438.92mg (62.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.71g (43.43%), Calcium: 455.44mg (45.54%), Phosphorus: 365.15mg (36.52%), Vitamin C: 29.75mg (36.06%), Vitamin B12: 1.58µg (26.4%), Selenium: 15.44µg (22.05%), Zinc: 3.15mg (20.98%), Vitamin B1: 0.3mg (20.11%), Vitamin B2: 0.32mg (18.61%), Vitamin B6: 0.33mg (16.51%), Vitamin A: 748.95IU (14.98%), Vitamin E: 1.98mg (13.23%), Vitamin K: 13.27µg (12.64%), Vitamin B3: 2.07mg (10.33%), Potassium: 348.79mg (9.97%), Magnesium: 34.76mg (8.69%), Fiber: 2.03g (8.12%), Vitamin B5: 0.71mg (7.09%), Manganese: 0.13mg (6.57%), Copper: 0.13mg (6.26%), Iron: 1.11mg (6.19%), Folate: 22.94µg (5.73%), Vitamin D:

0.28µg (1.89%)