



Lemon-Vinaigrette Marinated Antipasto

 Vegetarian

READY IN



30 min.

SERVINGS



25

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce feta cheese cubed
- ☐ 1 slices bread french toasted
- ☐ 1 pound green beans fresh trimmed
- ☐ 10.5 ounce goat cheese
- ☐ 8 ounce kalamata olives pitted rinsed drained
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 teaspoon lemon zest grated
- ☐ 25 servings lemon wedges

- ☐ 16 ounce okra drained
- ☐ 1.5 cups olive oil
- ☐ 6 ounce olives spanish pitted rinsed drained
- ☐ 12 ounce roasted peppers red drained cut into thin strips
- ☐ 1 teaspoon sugar

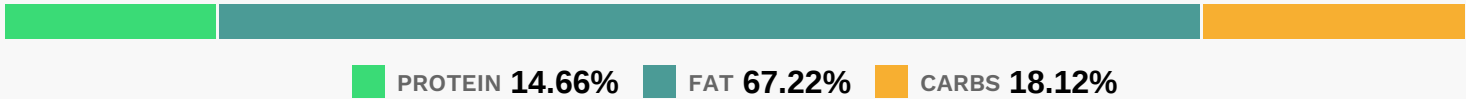
Equipment

- ☐ whisk
- ☐ baking pan

Directions

- ☐ Cook green beans in boiling salted water to cover 5 minutes or until crisp-tender; drain. Plunge into ice water to stop cooking process; drain.
- ☐ Arrange green beans, feta cheese, and next 5 ingredients in a 13- x 9-inch baking dish, keeping each ingredient separate from others.
- ☐ Whisk together dressing and next 3 ingredients.
- ☐ Drizzle evenly over ingredients. Cover and chill 2 hours.
- ☐ Transfer marinated ingredients to a large serving platter.
- ☐ Add salami, if desired.
- ☐ Serve with toasted French bread slices or large crackers.
- ☐ Garnish, if desired.
- ☐ Note: For testing purposes only, we used Newman's Own Olive Oil & Vinegar dressing.

Nutrition Facts



Properties

Glycemic Index:11.24, Glycemic Load:1.85, Inflammation Score:-5, Nutrition Score:6.9726085896077%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg

Nutrients (% of daily need)

Calories: 123.88kcal (6.19%), Fat: 9.67g (14.87%), Saturated Fat: 3.66g (22.85%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 4.01g (1.46%), Sugar: 1.42g (1.57%), Cholesterol: 13.55mg (4.52%), Sodium: 599.06mg (26.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.49%), Vitamin C: 14.21mg (17.23%), Vitamin K: 15.66µg (14.91%), Manganese: 0.23mg (11.62%), Vitamin A: 549.91IU (11%), Vitamin B2: 0.17mg (9.9%), Calcium: 98.61mg (9.86%), Phosphorus: 85.42mg (8.54%), Vitamin B6: 0.17mg (8.33%), Copper: 0.16mg (8.19%), Vitamin E: 1.15mg (7.67%), Fiber: 1.85g (7.41%), Folate: 27.61µg (6.9%), Vitamin B1: 0.1mg (6.63%), Magnesium: 22.8mg (5.7%), Iron: 0.89mg (4.97%), Selenium: 2.85µg (4.08%), Zinc: 0.58mg (3.86%), Potassium: 134.74mg (3.85%), Vitamin B3: 0.69mg (3.47%), Vitamin B12: 0.18µg (2.93%), Vitamin B5: 0.28mg (2.76%)