



Marinated Vegetable Appetizers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounce artichoke hearts undrained quartered canned
- ☐ 1 pound broccoli fresh
- ☐ 10 ounce brussels sprouts frozen
- ☐ 1 pint cherry tomatoes
- ☐ 8 ounce mushrooms fresh
- ☐ 1 teaspoon garlic powder
- ☐ 2 bell peppers green
- ☐ 0.5 cup olive oil

- ☐ 5.8 ounce olives pitted ripe undrained canned
- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon cracked pepper
- ☐ 6 ounce pimiento–stuffed olives undrained
- ☐ 1 cup red wine vinegar
- ☐ 1 tablespoon salt
- ☐ 0.5 cup vegetable oil
- ☐ 1 onion yellow
- ☐ 4 small baby squash yellow
- ☐ 2 zucchini

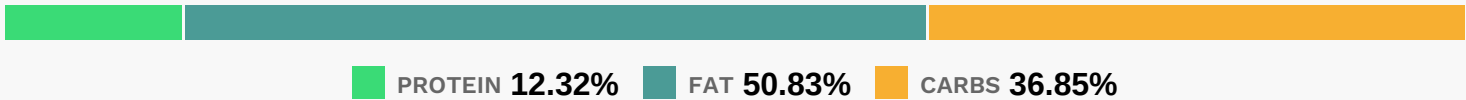
Equipment

- ☐ sauce pan
- ☐ ziploc bags

Directions

- ☐ Combine first 7 ingredients in a saucepan; bring to a boil. Cool.
- ☐ Cook Brussels sprouts according to package directions; drain.
- ☐ Cut bell peppers into thin strips. Slice onion, zucchini, and yellow squash; separate onion into rings.
- ☐ Cut broccoli into flowerets.
- ☐ Drain olives and artichoke hearts.
- ☐ Place vinegar mixture and vegetables in a large zip–top plastic bag. Seal and chill 8 hours, turning occasionally.
- ☐ Add mushrooms and tomatoes, and toss gently.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.1, Glycemic Load:1.01, Inflammation Score:-7, Nutrition Score:11.188260772306%

Flavonoids

Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg

Nutrients (% of daily need)

Calories: 83.44kcal (4.17%), Fat: 5.05g (7.77%), Saturated Fat: 0.74g (4.6%), Carbohydrates: 8.24g (2.75%), Net Carbohydrates: 5.14g (1.87%), Sugar: 3.29g (3.66%), Cholesterol: 0mg (0%), Sodium: 699.84mg (30.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.51%), Vitamin C: 55.47mg (67.24%), Vitamin K: 55.01µg (52.39%), Manganese: 0.25mg (12.44%), Fiber: 3.1g (12.38%), Vitamin B6: 0.23mg (11.34%), Vitamin A: 562.11IU (11.24%), Potassium: 372.4mg (10.64%), Folate: 42.55µg (10.64%), Vitamin E: 1.43mg (9.55%), Vitamin B2: 0.15mg (8.76%), Copper: 0.13mg (6.57%), Phosphorus: 64.07mg (6.41%), Magnesium: 23.33mg (5.83%), Vitamin B1: 0.09mg (5.83%), Vitamin B3: 1.1mg (5.5%), Iron: 0.99mg (5.49%), Vitamin B5: 0.48mg (4.76%), Calcium: 40.45mg (4.04%), Selenium: 2.28µg (3.25%), Zinc: 0.42mg (2.8%)