



Meat platter

 Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



316 kcal

SIDE DISH

Ingredients

- ☐ 3 genoa salami
- ☐ 6 slices pancetta thin
- ☐ 6 servings olives black
- ☐ 6 servings bread crumbs italian warmed
- ☐ 6 servings olive oil
- ☐ 6 servings pepper black

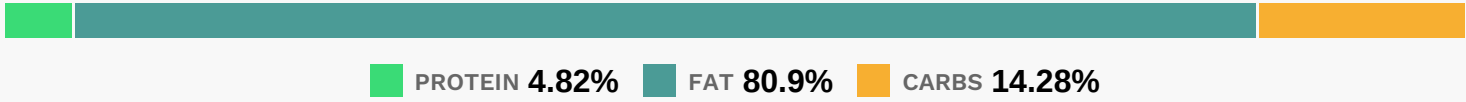
Equipment

- ☐ bowl

Directions

- ☐ Arrange the salami on a large platter. Loosely drape the prosciutto in a separate pile.
- ☐ Put the black olives in a bowl, in the centre.
- ☐ Serve with thick slices of the warmed bread, drizzled with olive oil and sprinkled with cracked black pepper.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:3.5769565319237%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 316.29kcal (15.81%), Fat: 28.82g (44.33%), Saturated Fat: 7.78g (48.61%), Carbohydrates: 11.45g (3.82%), Net Carbohydrates: 10.06g (3.66%), Sugar: 6.29g (6.99%), Cholesterol: 8.84mg (2.94%), Sodium: 541.16mg (23.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.72%), Vitamin E: 2.81mg (18.76%), Vitamin K: 8.87µg (8.45%), Vitamin B3: 1.52mg (7.61%), Vitamin B1: 0.1mg (6.42%), Fiber: 1.39g (5.54%), Selenium: 2.94µg (4.19%), Iron: 0.7mg (3.87%), Folate: 13.31µg (3.33%), Phosphorus: 30.18mg (3.02%), Vitamin B12: 0.17µg (2.77%), Vitamin B6: 0.05mg (2.63%), Potassium: 86.12mg (2.46%), Vitamin B2: 0.04mg (2.41%), Zinc: 0.33mg (2.22%), Magnesium: 7.72mg (1.93%), Copper: 0.04mg (1.79%), Vitamin A: 82.11IU (1.64%), Calcium: 11.97mg (1.2%)