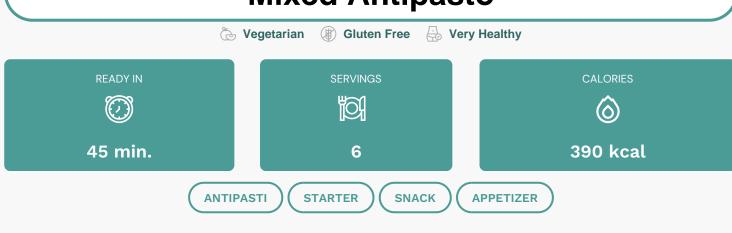


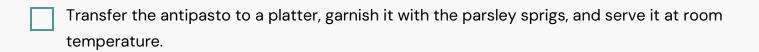
# **Mixed Antipasto**



## **Ingredients**

0.3 cup parsley fresh minced for garnish
2 bell pepper yellow cut into strips
0.5 teaspoon rosemary dried crumbled
2 bell pepper red cut into strips
1 teaspoon basil dried crumbled
O.5 cup olive oil
14 ounce marinated artichoke rinsed drained well
0.3 teaspoon pepper dried red hot to taste

	0.8 pound baby mozzarella balls plain (small mozzarella balls, available at specialty foods shops and some supermarkets)
	3 large carrots
	1 large garlic clove minced
	0.3 pound sun-dried olives packed in oil, drained and cut into strips
	1 teaspoon oregano dried crumbled
	12 ounce pepperoncini peppers rinsed drained well (pickled Tuscan peppers)
	2 tablespoons balsamic vinegar
	1.5 pounds fennel bulb
	2 tablespoons red-wine vinegar
	1 teaspoon frangelico crumbled
	0.8 pound frangelico
	1 teaspoon frangelico dried crumbled
	0.8 pound frangelico green black
Eq	uipment
Eq	powl
Eq	
<b>E</b> q	bowl
	bowl sauce pan
	bowl sauce pan whisk
	bowl sauce pan whisk  rections  In a small bowl whisk together the garlic, the vinegars, the rosemary, the basil, the orégano, the red pepper flakes, and salt and pepper to taste, add the oil in a stream, whisking, and



### **Nutrition Facts**

PROTEIN 16.48% 📕 FAT 49.8% 📙 CARBS 33.72%

#### **Properties**

Glycemic Index:56.81, Glycemic Load:6.79, Inflammation Score:-10, Nutrition Score:30.253043371698%

#### **Flavonoids**

Eriodictyol: 1.22mg, Eriodictyol: 1.22mg, Eriodictyol: 1.22mg, Eriodictyol: 1.22mg Apigenin: 7.2mg, Apigenin: 7.2mg, Apigenin: 7.2mg, Apigenin: 7.2mg, Apigenin: 7.2mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.86mg, Quercetin: 0.86mg, Quer

#### Nutrients (% of daily need)

Calories: 390.46kcal (19.52%), Fat: 23.08g (35.51%), Saturated Fat: 5.46g (34.11%), Carbohydrates: 35.17g (11.72%), Net Carbohydrates: 23.52g (8.55%), Sugar: 17.56g (19.51%), Cholesterol: 20.41mg (6.8%), Sodium: 410.63mg (17.85%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 17.19g (34.37%), Vitamin C: 212.11mg (257.11%), Vitamin A: 8819.58IU (176.39%), Vitamin K: 153.28µg (145.98%), Fiber: 11.65g (46.59%), Potassium: 1584.59mg (45.27%), Manganese: O.82mg (41.1%), Calcium: 335.73mg (33.57%), Vitamin B6: O.57mg (28.35%), Folate: 101.75µg (25.44%), Iron: 4.33mg (24.05%), Copper: O.48mg (23.84%), Vitamin B3: 4.32mg (21.58%), Magnesium: 84.28mg (21.07%), Phosphorus: 179.88mg (17.99%), Vitamin E: 2.57mg (17.13%), Vitamin B1: O.22mg (14.55%), Vitamin B2: O.23mg (13.66%), Vitamin B5: 1.12mg (11.2%), Zinc: 1.07mg (7.13%), Selenium: 2.31µg (3.3%)