



 **75%**  
HEALTH SCORE

## Mixed Antipasto

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



390 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## 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
- 0.5 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

## Equipment

- bowl
- sauce pan
- whisk

## Directions

- 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 whisk the marinade until it is emulsified.
- In a large saucepan of boiling water blanch the carrots and the fennel for 3 to 4 minutes, or until they are crisp-tender, drain them, and plunge them into a bowl of ice and cold water.
- Let the vegetables cool and drain them well. In a large bowl toss together the carrots, the fennel, the roasted peppers, the peperoncini, the olives, the sun-dried tomatoes, the bocconcini, the pepperoni, the artichoke hearts, the marinade, the minced parsley until the antipasto is combined well and chill the antipasto, covered, for at least 4 hours or overnight.

Transfer the antipasto to a platter, garnish it with the parsley sprigs, and serve it at room temperature.

## 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 Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

### 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: 0g (100%), Alcohol %: 0% (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: 0.82mg (41.1%), Calcium: 335.73mg (33.57%), Vitamin B6: 0.57mg (28.35%), Folate: 101.75µg (25.44%), Iron: 4.33mg (24.05%), Copper: 0.48mg (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: 0.22mg (14.55%), Vitamin B2: 0.23mg (13.66%), Vitamin B5: 1.12mg (11.2%), Zinc: 1.07mg (7.13%), Selenium: 2.31µg (3.3%)