



WHATSheATE



Mom's Antipasto Salad

READY IN



30 min.

SERVINGS



8

CALORIES



622 kcal

SIDE DISH

Ingredients

- ☐ 12 ounces asiago cheese diced
- ☐ 0.3 cup balsamic vinegar
- ☐ 8 servings pepper black freshly ground
- ☐ 2 tablespoons dijon mustard
- ☐ 0.8 cup olive oil extra virgin
- ☐ 0.8 cup kalamata olives pitted chopped
- ☐ 12 ounce marinated artichoke hearts drained chopped
- ☐ 2 tablespoons oregano dried
- ☐ 16 ounce seashell pasta

- ☐ 0.3 pound pepperoni cut into strips
- ☐ 2 roasted peppers diced red drained
- ☐ 0.3 pound genoa salami cut into strips
- ☐ 8 servings salt

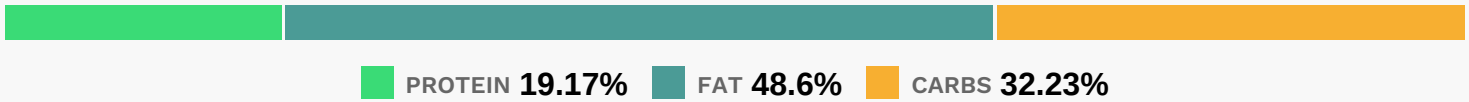
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Whisk vinegar, mustard, oregano, salt and pepper in a small bowl. Gradually whisk in oil to make a thick dressing; set aside.
- ☐ Cook the pasta in a large pot of salted boiling water until al dente.
- ☐ Drain, and cool slightly; toss with dressing.
- ☐ In a large bowl, combine the salami, pepperoni, Asiago cheese, olives, red peppers and artichokes.
- ☐ Add pasta to salad ingredients; toss and serve.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:18.22, Inflammation Score:-9, Nutrition Score:19.793043281721%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg

Nutrients (% of daily need)

Calories: 621.64kcal (31.08%), Fat: 33.21g (51.09%), Saturated Fat: 12.61g (78.78%), Carbohydrates: 49.55g (16.52%), Net Carbohydrates: 45.64g (16.6%), Sugar: 3.64g (4.05%), Cholesterol: 53.86mg (17.95%), Sodium: 1951.9mg (84.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.47g (58.94%), Selenium: 54.59µg (77.99%),

Calcium: 563.89mg (56.39%), Phosphorus: 467.06mg (46.71%), Manganese: 0.74mg (36.96%), Zinc: 3mg (19.98%), Vitamin B12: 1.09µg (18.19%), Vitamin A: 879.67IU (17.59%), Vitamin B1: 0.25mg (16.82%), Vitamin C: 13.28mg (16.09%), Vitamin B2: 0.27mg (15.96%), Magnesium: 63.15mg (15.79%), Fiber: 3.91g (15.65%), Vitamin B6: 0.28mg (14.24%), Iron: 2.51mg (13.95%), Vitamin B3: 2.74mg (13.71%), Copper: 0.25mg (12.72%), Vitamin K: 12.21µg (11.63%), Vitamin E: 1.61mg (10.73%), Potassium: 308.51mg (8.81%), Vitamin B5: 0.79mg (7.86%), Folate: 19.28µg (4.82%), Vitamin D: 0.4µg (2.65%)