



Mozzarella-Pepperoncini Platter



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



16

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 lb mozzarella fresh cut into 1/4-inch slices



0.7 cup pepperoncini peppers italian drained coarsely chopped (peppers) (from 16-oz jar)



0.3 cup roasted peppers red drained chopped (from 7-oz jar)

Equipment

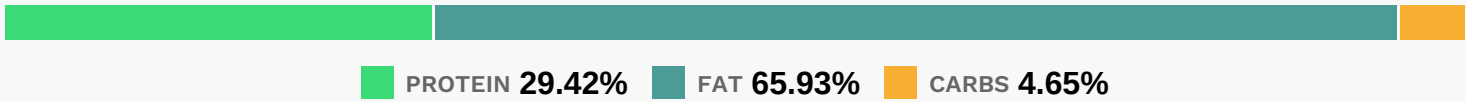
Directions



On serving platter, arrange mozzarella cheese slices in a single layer.

Sprinkle pepperoncini peppers and bell peppers over cheese.

Nutrition Facts



Properties

Glycemic Index:1.69, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:3.374782640001%

Nutrients (% of daily need)

Calories: 86.97kcal (4.35%), Fat: 6.37g (9.8%), Saturated Fat: 3.73g (23.33%), Carbohydrates: 1.01g (0.34%), Net Carbohydrates: 0.8g (0.29%), Sugar: 0.39g (0.44%), Cholesterol: 22.4mg (7.47%), Sodium: 218.35mg (9.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.39g (12.79%), Calcium: 145.08mg (14.51%), Vitamin B12: 0.65µg (10.77%), Phosphorus: 102.59mg (10.26%), Selenium: 4.84µg (6.92%), Vitamin C: 5.63mg (6.82%), Zinc: 0.85mg (5.64%), Vitamin B2: 0.08mg (4.93%), Vitamin A: 224.38IU (4.49%), Magnesium: 6.87mg (1.72%), Vitamin B6: 0.03mg (1.71%), Potassium: 39.03mg (1.12%), Vitamin K: 1.14µg (1.09%)