



Muffuletta Dip

READY IN



70 min.

SERVINGS



4

CALORIES



428 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.3 oz olives black drained sliced canned
- ☐ 4 servings serve with: bread crostini french
- ☐ 1 rib celery finely chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 cup olive salad italian drained
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 cup pepperoncini salad peppers chopped
- ☐ 4 ounces provolone cheese diced

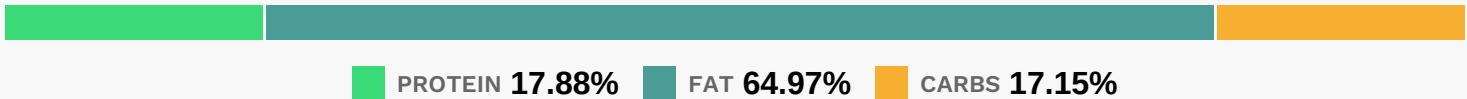
- ☐ 0.5 bell pepper red chopped
- ☐ 4 oz genoa salami diced

Equipment

Directions

- ☐ Stir together first 9 ingredients. Cover and chill 1 to 24 hours before serving. Stir in parsley just before serving.
- ☐ Serve with French bread crostini. Store leftovers in refrigerator up to 5 days.
- ☐ Note: We tested with Boscoli Italian Olive Salad.

Nutrition Facts



Properties

Glycemic Index:52.42, Glycemic Load:7.66, Inflammation Score:-8, Nutrition Score:19.659565443578%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 428.27kcal (21.41%), Fat: 31.33g (48.2%), Saturated Fat: 10.89g (68.07%), Carbohydrates: 18.6g (6.2%), Net Carbohydrates: 15.14g (5.5%), Sugar: 2.85g (3.16%), Cholesterol: 47.39mg (15.8%), Sodium: 1867.85mg (81.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.41g (38.81%), Vitamin K: 67.94µg (64.71%), Vitamin C: 30.5mg (36.97%), Calcium: 341.54mg (34.15%), Selenium: 22.05µg (31.5%), Phosphorus: 291.85mg (29.18%), Vitamin B1: 0.41mg (27.59%), Vitamin A: 1308.51IU (26.17%), Vitamin B12: 1.29µg (21.53%), Manganese: 0.39mg (19.62%), Vitamin E: 2.87mg (19.1%), Zinc: 2.79mg (18.57%), Vitamin B3: 3.61mg (18.06%), Vitamin B2: 0.3mg (17.69%), Vitamin B6: 0.3mg (15.13%), Fiber: 3.46g (13.85%), Iron: 2.15mg (11.93%), Folate: 43.95µg (10.99%), Magnesium: 38.31mg (9.58%), Copper: 0.17mg (8.59%), Potassium: 290.82mg (8.31%), Vitamin B5: 0.78mg (7.8%), Vitamin D: 0.17µg (1.15%)