



## No-Chop Antipasto Tray

 Dairy Free

READY IN



14 min.

SERVINGS



8

CALORIES



255 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 14 ounce artichoke hearts drained quartered canned
- 16 ounce baby carrots fresh
- 16 ounce broccoli flowerets fresh
- 2 tablespoons dijon mustard
- 18 sticks bread thin (6-inch-long)
- 1 tablespoon olive oil
- 12 ounce pepperoncini peppers undrained
- 9 ounce spinach tortellini refrigerated

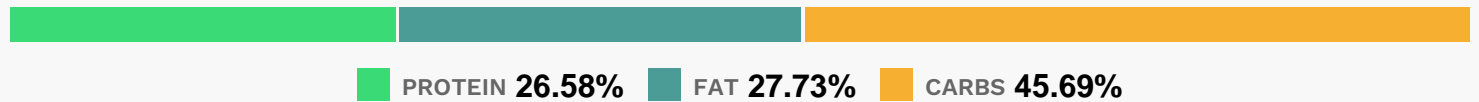
8.5 ounce turkey pepperoni sliced

## Equipment

## Directions

- Cook tortellini according to package directions, omitting salt and fat; drain.
- Drain peppers, reserving 3 tablespoons liquid.
- Arrange peppers, tortellini, broccoli, and next 3 ingredients on a large platter.
- Combine reserved pepper liquid, mustard, and olive oil; stir well.
- Drizzle mustard mixture over antipasto; serve immediately with breadsticks or, if desired, cover and chill.

## Nutrition Facts



## Properties

Glycemic Index:15.33, Glycemic Load:1.32, Inflammation Score:-10, Nutrition Score:20.003913153773%

## Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

## Nutrients (% of daily need)

Calories: 255.49kcal (12.77%), Fat: 8.03g (12.35%), Saturated Fat: 2.37g (14.83%), Carbohydrates: 29.76g (9.92%), Net Carbohydrates: 23.29g (8.47%), Sugar: 5.95g (6.61%), Cholesterol: 52.04mg (17.35%), Sodium: 1025.56mg (44.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.31g (34.63%), Vitamin A: 8424.34IU (168.49%), Vitamin C: 87.24mg (105.74%), Vitamin K: 68.42µg (65.16%), Fiber: 6.47g (25.89%), Folate: 66.74µg (16.69%), Potassium: 566.47mg (16.18%), Vitamin B6: 0.32mg (15.78%), Iron: 2.62mg (14.54%), Manganese: 0.29mg (14.48%), Calcium: 123.95mg (12.4%), Zinc: 1.78mg (11.85%), Magnesium: 39.88mg (9.97%), Copper: 0.19mg (9.54%), Phosphorus: 73.86mg (7.39%), Vitamin B1: 0.11mg (7.2%), Vitamin B5: 0.69mg (6.95%), Vitamin B2: 0.12mg (6.93%), Vitamin B3: 1.35mg (6.76%), Vitamin E: 1.01mg (6.7%), Selenium: 3.98µg (5.68%)