



## Simple Antipasto Platter

READY IN



10 min.

SERVINGS



8

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

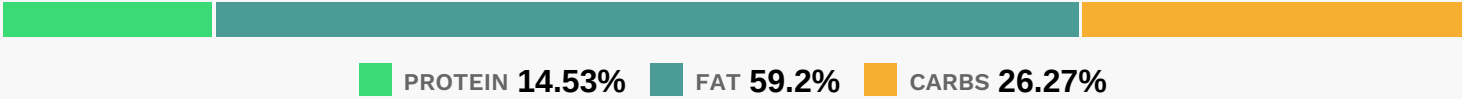
- ☐ 8 servings crackers and breadsticks assorted
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 5 oz goat cheese log
- ☐ 8 oz kalamata olives drained and rinsed
- ☐ 16 oz pickled okra drained
- ☐ 7 oz roasted bell peppers red drained cut into pieces
- ☐ 4 ounces genoa salami sliced

## Equipment

## Directions

- ☐ Roll goat cheese log in parsley; place on a serving platter. Arrange okra and next 3 ingredients on platter around goat cheese.
- ☐ Serve with assorted crackers and breadsticks.

## Nutrition Facts



## Properties

Glycemic Index:11.5, Glycemic Load:0.84, Inflammation Score:-7, Nutrition Score:14.192608717991%

## Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 11.89mg, Quercetin: 11.89mg, Quercetin: 11.89mg, Quercetin: 11.89mg

## Nutrients (% of daily need)

Calories: 247.83kcal (12.39%), Fat: 16.76g (25.78%), Saturated Fat: 5.74g (35.89%), Carbohydrates: 16.73g (5.58%), Net Carbohydrates: 13.28g (4.83%), Sugar: 2.46g (2.73%), Cholesterol: 19.35mg (6.45%), Sodium: 1313.05mg (57.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.25g (18.51%), Vitamin K: 42.86µg (40.82%), Vitamin C: 25.91mg (31.4%), Manganese: 0.6mg (30.11%), Vitamin B1: 0.34mg (22.76%), Vitamin A: 913.64IU (18.27%), Phosphorus: 162.76mg (16.28%), Vitamin B6: 0.31mg (15.38%), Copper: 0.3mg (15.09%), Fiber: 3.45g (13.79%), Folate: 54.29µg (13.57%), Calcium: 124.07mg (12.41%), Vitamin E: 1.83mg (12.21%), Vitamin B3: 2.43mg (12.17%), Magnesium: 47.66mg (11.91%), Vitamin B2: 0.2mg (11.82%), Iron: 1.99mg (11.04%), Potassium: 300.42mg (8.58%), Zinc: 1.25mg (8.34%), Selenium: 5.56µg (7.94%), Vitamin B12: 0.43µg (7.18%), Vitamin B5: 0.49mg (4.89%)