



Simple Antipasto Platter

READY IN



10 min.

SERVINGS



8

CALORIES



258 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

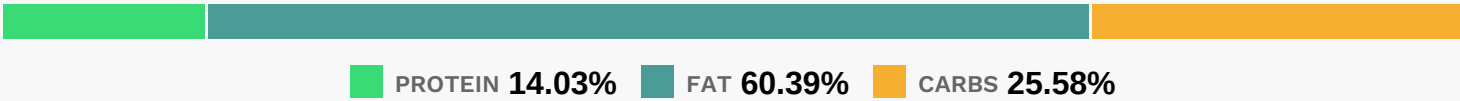
- ☐ 8 servings crackers and breadsticks assorted
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 5 oz log goat cheese
- ☐ 10 oz kalamata olives pitted rinsed drained
- ☐ 16 oz pickled okra drained
- ☐ 7 oz roasted bell peppers red drained cut into strips
- ☐ 4 oz genoa salami sliced

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 crackers and breadsticks.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.84, Inflammation Score:-7, Nutrition Score:14.418695521096%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg 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: 258.11kcal (12.91%), Fat: 17.84g (27.45%), Saturated Fat: 5.89g (36.79%), Carbohydrates: 17g (5.67%), Net Carbohydrates: 13.32g (4.84%), Sugar: 2.5g (2.78%), Cholesterol: 19.35mg (6.45%), Sodium: 1423.61mg (61.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.33g (18.65%), Vitamin K: 42.96µg (40.92%), Vitamin C: 25.91mg (31.4%), Manganese: 0.6mg (30.11%), Vitamin B1: 0.34mg (22.86%), Vitamin A: 941.49IU (18.83%), Phosphorus: 163.04mg (16.3%), Copper: 0.31mg (15.51%), Vitamin B6: 0.31mg (15.49%), Fiber: 3.68g (14.73%), Vitamin E: 2.1mg (14.01%), Folate: 54.5µg (13.63%), Calcium: 127.76mg (12.78%), Vitamin B3: 2.45mg (12.26%), Magnesium: 48.44mg (12.11%), Vitamin B2: 0.2mg (11.85%), Iron: 2.02mg (11.23%), Potassium: 303.4mg (8.67%), Zinc: 1.25mg (8.36%), Selenium: 5.62µg (8.03%), Vitamin B12: 0.43µg (7.18%), Vitamin B5: 0.49mg (4.9%)