



Summer deli platter

READY IN



10 min.

SERVINGS



4

CALORIES



117 kcal

SIDE DISH

Ingredients

- ☐ 250 g ricotta
- ☐ 1 handful chives
- ☐ 4 sundried tomatoes
- ☐ 4 servings selection of vegetables from the deli counter red such as roasted aubergines and peppers, artichoke hearts, olives and balsamic onions
- ☐ 1 sticks bread to serve toasted

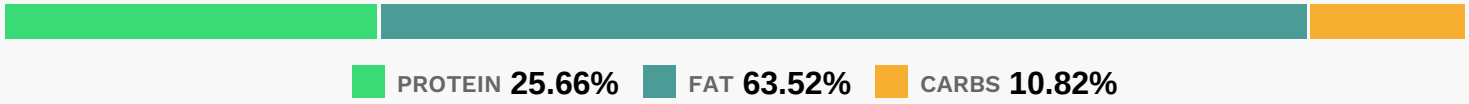
Equipment

- ☐ bowl

Directions

- ☐
- Tip the ricotta into a bowl and stir to soften it. Snip in the chives.
- ☐
- Add the sundried tomatoes, season to taste, then stir well.
- ☐
- Put the deli veg onto a platter with toasted pittas or breadsticks and serve with the dip.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:0.91, Inflammation Score:-3, Nutrition Score:4.0143478331359%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 117.33kcal (5.87%), Fat: 8.35g (12.85%), Saturated Fat: 5.25g (32.84%), Carbohydrates: 3.2g (1.07%), Net Carbohydrates: 2.92g (1.06%), Sugar: 0.94g (1.04%), Cholesterol: 32.49mg (10.83%), Sodium: 67.88mg (2.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.59g (15.18%), Selenium: 9.41µg (13.44%), Calcium: 132.78mg (13.28%), Phosphorus: 108.83mg (10.88%), Vitamin B2: 0.14mg (7.96%), Vitamin A: 339.14IU (6.78%), Zinc: 0.8mg (5.3%), Potassium: 140.35mg (4.01%), Vitamin B12: 0.22µg (3.65%), Vitamin K: 3.68µg (3.5%), Magnesium: 11.43mg (2.86%), Folate: 10µg (2.5%), Iron: 0.45mg (2.49%), Manganese: 0.05mg (2.29%), Copper: 0.04mg (2.22%), Vitamin B6: 0.04mg (1.94%), Vitamin B5: 0.18mg (1.84%), Vitamin B1: 0.03mg (1.74%), Vitamin C: 1.37mg (1.65%), Vitamin B3: 0.3mg (1.51%), Fiber: 0.28g (1.11%)