



 **84%**
HEALTH SCORE

Warm Kale Antipasto Salad

 Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



355 kcal

SIDE DISH

Ingredients

- 12 baby bell peppers halved (any color)
- 2 tablespoons balsamic vinegar
- 1 pint cherry tomatoes halved
- 1 crusty rolls whole-wheat cubed
- 2 ounces deli- soppressata cut into strips (8 slices)
- 2 small japanese eggplants halved lengthwise sliced
- 5 ounce baby kale
- 4 servings kosher salt and pepper freshly ground

- 3 tablespoons olive oil extra-virgin plus more for drizzling
- 2 ounces pecorino romano cheese shaved
- 2 onions red halved sliced
- 1 romaine lettuce heart chopped

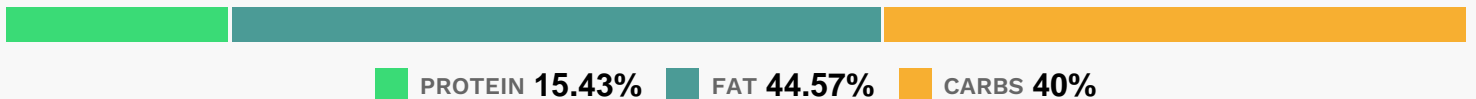
Equipment

- bowl
- baking sheet
- broiler

Directions

- Preheat the broiler. Arrange the red onions, eggplant, bell peppers and tomatoes on a baking sheet; drizzle with 2 tablespoons olive oil and season with salt and pepper. Broil, turning halfway through, until the vegetables are soft and slightly charred, about 12 minutes.
- Combine the kale and romaine in a large bowl with the remaining 1 tablespoon olive oil and the vinegar.
- Add the broiled vegetables and toss.
- Spread the bread cubes on the same baking sheet, season with salt and pepper and broil until golden, turning once, 1 to 2 minutes.
- Divide the salad among bowls. Top with the soppressata, pecorino and croutons, drizzle with olive oil and gently toss.
- Photograph by Christopher Testani

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:5.03, Inflammation Score:-10, Nutrition Score:34.155217455781%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 11.12mg, Isorhamnetin: 11.12mg, Isorhamnetin: 11.12mg, Isorhamnetin: 11.12mg Kaempferol: 16.97mg, Kaempferol: 16.97mg, Kaempferol: 16.97mg, Kaempferol: 16.97mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 20.43mg, Quercetin: 20.43mg, Quercetin: 20.43mg, Quercetin: 20.43mg

Nutrients (% of daily need)

Calories: 354.91kcal (17.75%), Fat: 18.56g (28.55%), Saturated Fat: 5.06g (31.63%), Carbohydrates: 37.48g (12.49%), Net Carbohydrates: 25.14g (9.14%), Sugar: 18.59g (20.65%), Cholesterol: 23.53mg (7.84%), Sodium: 638.39mg (27.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.45g (28.91%), Vitamin C: 176.98mg (214.52%), Vitamin K: 167.87µg (159.87%), Vitamin A: 7470.94IU (149.42%), Manganese: 1.14mg (57.04%), Fiber: 12.34g (49.36%), Folate: 159.9µg (39.98%), Vitamin B6: 0.72mg (36.18%), Potassium: 1254.53mg (35.84%), Calcium: 308.45mg (30.85%), Vitamin E: 4.56mg (30.39%), Phosphorus: 296.07mg (29.61%), Vitamin B1: 0.39mg (26.29%), Vitamin B2: 0.44mg (25.92%), Vitamin B3: 4.55mg (22.76%), Magnesium: 82.58mg (20.65%), Copper: 0.36mg (18.24%), Iron: 3.08mg (17.14%), Selenium: 10.26µg (14.65%), Vitamin B5: 1.35mg (13.46%), Zinc: 1.79mg (11.92%), Vitamin B12: 0.25µg (4.16%), Vitamin D: 0.17µg (1.13%)