Antipasto Salad

Ingredients:

8 cups romaine lettuce, chopped
1 (7 oz.) jar roasted red peppers, drained and sliced
1 (6 oz.) jar artichoke hearts, chopped
1/2 cup red onion, thinly sliced
1/2 cup parsley, chopped
1/2 cup Kalamata olives, halved
1/4 cup pepperoni, diced
1/4 cup salami
1/2 cup provolone
1/2 cup cherry tomatoes, quartered
1/2 cup pepperoncini peppers (optional)

Dressing:

6 tablespoons olive oil
1/4 cup red wine vinegar
1 garlic clove, minced
1 teaspoon Dijon mustard
1/2 teaspoon sugar
Salt and pepper to taste

Nutrition Facts

Serving Size (176g)
Servings Per Container 8

Amount Per Serving

Calories 270	Calories from Fat 190
	% Daily Value*
Total Fat 22g	**34%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 480mg	**20%**
Total Carbohydrate 10g	**3%**
Dietary Fiber 2g	**8%**
Sugars 4g	
Protein 8g	

Vitamin A 60% • Vitamin C 60%
Calcium 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. To make the dressing, combine all the ingredients. Mix until combined.
2. In a large bowl, toss salad ingredients together. Pour salad dressing over the salad mix and toss to combine. Serve with pepperoncini peppers. Enjoy!

For more information, please contact:
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