

Italian Antipasto Salad

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-antipasto-salad-recipe-ingredients>

Ingredients:

- 1 cup romaine lettuce chopped
- 1/4 cup cherry tomatoes chopped
- 1 slice red onion
- 4 green pitted olives or black
- 1 pepperoncini sliced
- 1/4 cup roasted red pepper sliced, homemade, or buy packed in water
- 1/4 cup giardiniera I used Victoria brand
- 1/3 cup cucumbers peeled and sliced
- 1/4 cup shredded mozzarella Polly-o part skim
- 1/2 ounce turkey pepperoni sliced thin
- 2 slices prosciutto Di Parma, sliced
- 1 teaspoon olive oil
- 1 teaspoon red wine vinegar or vinegar brine from pepperoncini
- black pepper fresh

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 10 milligrams
4. Fat: 4 grams
5. Fiber: 2 grams
6. Protein: 4 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 310 milligrams
9. Sugar: 1 grams

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