

# Antipasto Salad with Easy Italian Dressing

Yield: 3 min  
Total Time: 15 min

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

## Ingredients:

- 1 head romaine or 2 hearts, chopped
- 4 ounces prosciutto cut in strips
- 4 ounces salami or pepperoni cubed
- 1/2 cup artichoke hearts sliced
- 1/2 cup olives mix of black and green
- 1/2 cup sweet peppers or hot, pickled or roasted
- Italian dressing to taste

## Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 50 milligrams
4. Fat: 17 grams
5. Fiber: 8 grams
6. Protein: 17 grams
7. SaturatedFat: 6 grams
8. Sodium: 1390 milligrams
9. Sugar: 5 grams

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