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Antipasto "No-Bread" Rollups

Antipasto "No-Bread" Rollups are a delicious and healthy alternative to traditional antipasto. This recipe combines all the flavors of antipasto, including salami, cheese, and vegetables, rolled up in fresh lettuce leaves instead of bread. It's a perfect appetizer or snack for those who are looking for a low-carb or gluten-free option.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

150 g	lettuce leaves
100 g	salami
100 g	provolone cheese
50 g	Roasted Red Peppers
50 g	Artichoke Hearts

50 g	Black Olives
20 g	olive oil
10 g	balsamic vinegar
2 g	salt
2 g	pepper

Directions

Step 1

Preparation

Wash and dry the lettuce leaves.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Slice the salami and provolone cheese into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Plating

Place a few strips of salami and provolone cheese on each lettuce leaf.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Plating

Top with roasted red peppers, artichoke hearts, and black olives.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Serving

Drizzle with olive oil and balsamic vinegar.

Prep Time: 1 mins

Cook Time: 0 mins

Step 6

Serving

Season with salt and pepper to taste.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	20 mg	2%	2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	15 mg	136.36%	187.5%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Cuisines

Italian

Course

Appetizers

Drinks

Salads

Snacks

Cultural

Chinese New Year

Cinco de Mayo

Demographics

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

Weight Watchers (WW) Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Anti-Inflammatory Diet

Meal Type

Snack

Supper

Difficulty Level

Medium

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