

food
network



HEALTH SCORE

81%

Alici with Garlic and Zucchini Blossoms



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



256 kcal

SIDE DISH

Ingredients

- ☐ 4 cherry tomatoes halved
- ☐ 1 bunch flat parsley chopped
- ☐ 16 anchovies fresh with head still intact
- ☐ 2 cloves garlic
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 small zucchini sliced
- ☐ 4 zucchini blossoms

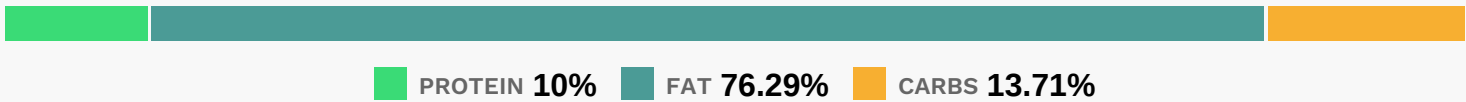
Equipment

☐ frying pan

Directions

- ☐ In a 12 to 14-inch saute pan, heat olive oil and garlic over medium heat until just smoking.
- ☐ Add anchovies and cook for about 3 minutes.
- ☐ Turn anchovies over and add zucchini and tomatoes. Cook for another 3 minutes until zucchini is tender.
- ☐ Add zucchini blossoms and season with salt and pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:1, Inflammation Score:-9, Nutrition Score:20.124348116958%

Flavonoids

Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 2.14mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 255.61kcal (12.78%), Fat: 22.64g (34.83%), Saturated Fat: 3.32g (20.73%), Carbohydrates: 9.16g (3.05%), Net Carbohydrates: 6.26g (2.27%), Sugar: 6.2g (6.89%), Cholesterol: 9.6mg (3.2%), Sodium: 45.22mg (1.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.68g (13.35%), Vitamin K: 256.72µg (244.49%), Vitamin C: 63.66mg (77.16%), Vitamin A: 1743.23IU (34.86%), Manganese: 0.49mg (24.44%), Vitamin E: 3.59mg (23.93%), Potassium: 773.39mg (22.1%), Vitamin B6: 0.44mg (21.78%), Folate: 79.49µg (19.87%), Vitamin B3: 3.55mg (17.75%), Vitamin B2: 0.27mg (16.03%), Magnesium: 56.35mg (14.09%), Iron: 2.51mg (13.92%), Phosphorus: 129.01mg (12.9%), Fiber: 2.9g (11.6%), Copper: 0.19mg (9.65%), Selenium: 6.61µg (9.44%), Vitamin B1: 0.13mg (8.78%), Calcium: 84.5mg (8.45%), Zinc: 1.19mg (7.94%), Vitamin B5: 0.65mg (6.52%), Vitamin B12: 0.1µg (1.65%)