



Anchovy Fennel Toasts with Roasted Red Peppers

READY IN



45 min.

SERVINGS



24

CALORIES



39 kcal

Ingredients

- ☐ 6 fillet to 9 flat anchovy dry minced (from a 2-oz can)
- ☐ 6 inch diagonal of baguette
- ☐ 0.5 teaspoon pepper black
- ☐ 2.5 teaspoons fennel seeds
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2 small bell peppers red ()
- ☐ 0.5 cup butter unsalted softened

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ baking pan
- ☐ broiler
- ☐ tongs

Directions

- ☐ Roast bell peppers on racks of gas burners over high heat, turning with tongs, until skins are blackened, 10 to 12 minutes.
- ☐ Transfer to a large bowl and cover tightly with plastic wrap, then let steam, covered, about 20 minutes.
- ☐ When peppers are cool enough to handle, peel, then halve lengthwise, discarding stems and seeds.
- ☐ Cut peppers lengthwise into 3/4-inch-wide strips.
- ☐ Toast fennel seeds in a dry small heavy skillet over moderately low heat, shaking skillet frequently, until lightly browned, 3 to 4 minutes, then transfer to a bowl and cool. Finely grind fennel seeds in grinder, then stir into butter along with anchovies, lemon juice, and pepper until combined well.
- ☐ Preheat broiler.
- ☐ Broil baguette slices in a large shallow baking pan (18 by 12 inches) 3 to 4 inches from heat until golden, about 1 minute. Turn slices over and spread generously with anchovy butter. Broil toasts until butter is golden and bubbling, about 1 minute, then transfer to a platter. Top with bell pepper strips.
- ☐ · Bell peppers can be roasted by broiling in a shallow baking pan 5 inches from heat, turning occasionally, about 15 minutes. · Anchovy butter can be made 1 day ahead and chilled, covered. Soften butter before using, about 1 hour. · Toasts, without bell peppers, can be made 2 hours ahead. Reheat, buttered sides up, under preheated broiler until hot, about 30 seconds, then top with bell peppers.

Nutrition Facts



 PROTEIN **3.98%**  FAT **87.82%**  CARBS **8.2%**

Properties

Glycemic Index:5.66, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:1.3373913227216%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 39.34kcal (1.97%), Fat: 3.95g (6.08%), Saturated Fat: 2.45g (15.32%), Carbohydrates: 0.83g (0.28%), Net Carbohydrates: 0.59g (0.22%), Sugar: 0.3g (0.33%), Cholesterol: 10.77mg (3.59%), Sodium: 5.92mg (0.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.81%), Vitamin C: 8.02mg (9.72%), Vitamin A: 312.28IU (6.25%), Manganese: 0.03mg (1.48%), Vitamin E: 0.22mg (1.44%), Vitamin B3: 0.24mg (1.22%), Vitamin B6: 0.02mg (1.07%)