



Bagna Calda (Italian Garlic-Anchovy-Sardine Appetizer)

 Gluten Free

READY IN



35 min.

SERVINGS



32

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup butter
- ☐ 8 ounce anchovy fillets packed in olive oil, drained canned
- ☐ 12 ounce sardines packed in olive oil, drained canned
- ☐ 0.8 cup garlic minced
- ☐ 1.5 cups vegetable oil

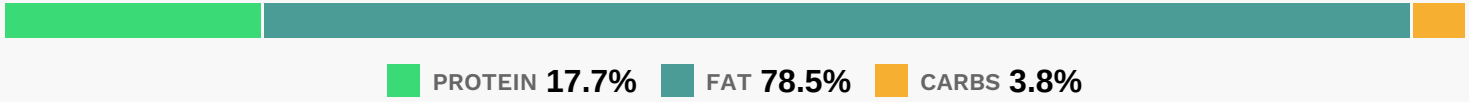
Equipment

- ☐ frying pan

Directions

- ☐ Place the canola oil in a skillet and heat over medium heat. Stir in the garlic, and cook until golden brown, about 5 minutes.
- ☐ Add the butter, anchovies, and sardines. Cook and stir until well blended, 10 to 15 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.3, Inflammation Score:-2, Nutrition Score:4.5591303926447%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 110.67kcal (5.53%), Fat: 9.71g (14.94%), Saturated Fat: 4.28g (26.75%), Carbohydrates: 1.06g (0.35%), Net Carbohydrates: 0.99g (0.36%), Sugar: 0.04g (0.04%), Cholesterol: 36.37mg (12.12%), Sodium: 338.9mg (14.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.85%), Vitamin B12: 1.02µg (17.08%), Selenium: 10.95µg (15.65%), Vitamin B3: 1.99mg (9.96%), Phosphorus: 76.53mg (7.65%), Calcium: 64.53mg (6.45%), Vitamin E: 0.79mg (5.25%), Vitamin K: 5.44µg (5.18%), Vitamin D: 0.63µg (4.21%), Iron: 0.69mg (3.86%), Vitamin A: 191.88IU (3.84%), Vitamin B6: 0.07mg (3.59%), Manganese: 0.07mg (3.59%), Vitamin B2: 0.06mg (3.28%), Potassium: 95.25mg (2.72%), Copper: 0.05mg (2.67%), Magnesium: 9.98mg (2.49%), Zinc: 0.36mg (2.37%), Vitamin B5: 0.16mg (1.59%), Vitamin B1: 0.02mg (1.38%), Vitamin C: 0.99mg (1.21%)