



Bagna Cauda

READY IN



45 min.

SERVINGS



12

CALORIES



281 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 oz anchovies dry rinsed drained canned
- ☐ 0.5 cup butter
- ☐ 12 servings top italian sliced
- ☐ 12 cloves garlic with the flat side of a large knife crushed peeled
- ☐ 12 green onions rinsed trimmed
- ☐ 1.5 cups olive oil
- ☐ 8 ounces portabella mushrooms stemmed rinsed sliced
- ☐ 2 heads radicchio thinly cored rinsed sliced lengthwise ()
- ☐ 4 heads belgian endive white red separated rinsed ends trimmed (12 oz. total)

☐ 3 bell peppers red yellow stemmed rinsed seeded sliced lengthwise ()

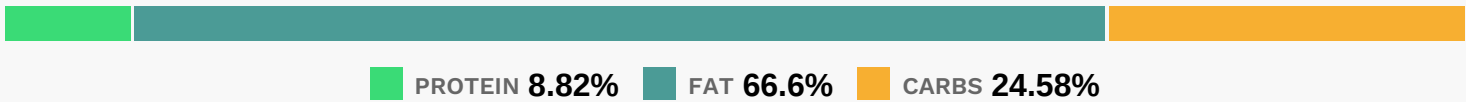
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ramekin

Directions

- ☐ In a 2- to 3-quart pan or an electric skillet over medium heat, stir olive oil, butter, anchovies, and garlic, breaking up anchovies and garlic slightly with the back of a fork, until butter is melted and mixture is bubbling, about 5 minutes.
- ☐ Remove from heat and let stand at least 10 minutes or up to 30 minutes.
- ☐ Meanwhile, arrange the radicchio, endive, peppers, green onions, and mushrooms on a serving platter. Reheat butter mixture gently over low heat, then pour into a bowl or ramekin. Alternatively, pour into a 1 1/2- to 2-cup ceramic fondue pan or metal chafing dish in a water-bath jacket. Set over a votive candle or an ignited alcohol or canned solid-fuel flame. Adjust heat to lowest setting under fondue pan, to medium under chafing dish. Pass platter of vegetables and bread for guests to dip in warm bagna cauda.

Nutrition Facts



Properties

Glycemic Index:9.33, Glycemic Load:0.46, Inflammation Score:-7, Nutrition Score:16.022608684457%

Flavonoids

Cyanidin: 59.26mg, Cyanidin: 59.26mg, Cyanidin: 59.26mg, Cyanidin: 59.26mg Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 18.06mg, Luteolin: 18.06mg, Luteolin: 18.06mg, Luteolin: 18.06mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 16.35mg, Quercetin: 16.35mg, Quercetin: 16.35mg, Quercetin: 16.35mg

Nutrients (% of daily need)

Calories: 281.23kcal (14.06%), Fat: 21.35g (32.84%), Saturated Fat: 9.71g (60.71%), Carbohydrates: 17.73g (5.91%), Net Carbohydrates: 15.17g (5.52%), Sugar: 7.25g (8.05%), Cholesterol: 28.37mg (9.46%), Sodium: 497.28mg

(21.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.73%), Vitamin K: 148.95µg (141.85%), Vitamin C: 62.01mg (75.17%), Vitamin B3: 4.13mg (20.65%), Folate: 69.45µg (17.36%), Vitamin E: 2.44mg (16.26%), Selenium: 11.09µg (15.84%), Copper: 0.31mg (15.25%), Potassium: 452.36mg (12.92%), Manganese: 0.21mg (10.44%), Fiber: 2.56g (10.22%), Phosphorus: 93.33mg (9.33%), Iron: 1.62mg (9.01%), Vitamin B6: 0.18mg (8.8%), Vitamin A: 437.28IU (8.75%), Vitamin B2: 0.12mg (6.96%), Magnesium: 24.66mg (6.17%), Vitamin B1: 0.09mg (5.76%), Zinc: 0.83mg (5.53%), Calcium: 54.38mg (5.44%), Vitamin B5: 0.54mg (5.4%), Vitamin B12: 0.11µg (1.81%), Vitamin D: 0.22µg (1.45%)