



Bagna Cauda

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



291 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bunch asparagus trimmed
- ☐ 2 bunches baby beets trimmed
- ☐ 2 bunches baby carrots trimmed to 3 in. long peeled
- ☐ 2 oz oil-packed anchovies packed in olive oil canned
- ☐ 2 fennel bulb trimmed cut lengthwise into slender wedges (or 1 bulb regular fennel)
- ☐ 4 garlic clove peeled
- ☐ 0.5 pound green beans trimmed
- ☐ 5 tablespoons olive oil divided

- ☐ 8 servings salt
- ☐ 0.5 cup butter unsalted softened

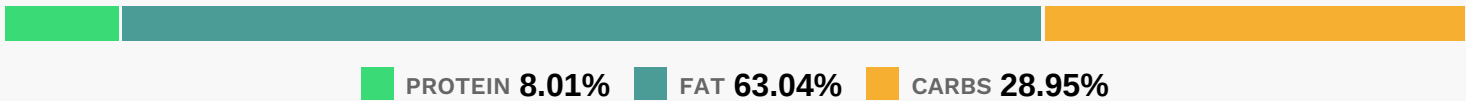
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Toss beets and 2 tbsp. oil together in a medium baking dish. Cover with foil and bake until beets are tender when pierced with the tip of a knife, about 25 minutes. Peel beets when cool enough to handle, then halve or quarter, depending on their size.
- ☐ Whirl butter, remaining 3 tbsp. oil, the anchovies (including oil), and garlic together in a food processor until anchovies and garlic are minced.
- ☐ Transfer to a small saucepan. Simmer over medium-low heat 10 minutes, stirring occasionally. Season to taste with salt.
- ☐ Pour bagna cauda into a small warmed bowl.
- ☐ Arrange vegetables on a platter and serve with bagna cauda for dunking.

Nutrition Facts



Properties

Glycemic Index:27.13, Glycemic Load:3.9, Inflammation Score:-10, Nutrition Score:22.25391287389%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.85mg, Quercetin: 8.85mg, Quercetin: 8.85mg, Quercetin: 8.85mg

Nutrients (% of daily need)

Calories: 291.37kcal (14.57%), Fat: 21.42g (32.95%), Saturated Fat: 8.78g (54.87%), Carbohydrates: 22.12g (7.37%), Net Carbohydrates: 13.92g (5.06%), Sugar: 12.43g (13.81%), Cholesterol: 36.53mg (12.18%), Sodium: 608.86mg (26.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.25%), Vitamin A: 16584.05IU (331.68%), Vitamin K: 90.13µg (85.84%), Fiber: 8.2g (32.81%), Folate: 130.86µg (32.71%), Manganese: 0.6mg (29.99%), Potassium: 863.61mg (24.67%), Vitamin C: 19.03mg (23.07%), Iron: 3.66mg (20.33%), Vitamin E: 2.93mg (19.56%), Copper: 0.34mg (16.93%), Vitamin B3: 3.32mg (16.61%), Vitamin B6: 0.3mg (14.88%), Phosphorus: 140.73mg (14.07%), Magnesium: 51.14mg (12.79%), Vitamin B2: 0.22mg (12.74%), Selenium: 8.35µg (11.94%), Calcium: 117.98mg (11.8%), Vitamin B1: 0.17mg (11.02%), Vitamin B5: 0.96mg (9.57%), Zinc: 1.03mg (6.85%), Vitamin D: 0.33µg (2.22%), Vitamin B12: 0.09µg (1.44%)