



## Bagna Cauda

READY IN



30 min.

SERVINGS



30

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 slices baguette
- ☐ 0.1 lb butter
- ☐ 2 oz anchovies minced drained canned
- ☐ 3 tablespoons garlic minced
- ☐ 0.8 cup olive oil
- ☐ 3 cups zucchini raw fresh white red yellow assorted

## Equipment

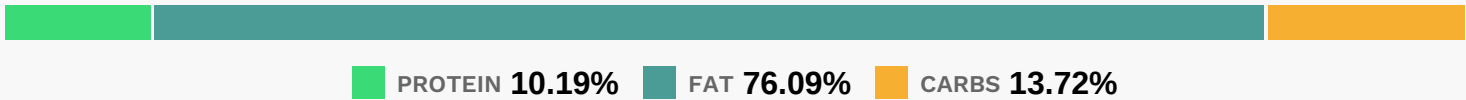
- ☐ bowl

- ☐ frying pan
- ☐ pot

## Directions

- ☐ In a 1- to 1 1/2-quart pan over medium heat, melt butter.
- ☐ Add olive oil, garlic, and anchovies; stir until mixture is bubbling.
- ☐ Meanwhile, arrange vegetables on a platter and baguette slices in a bowl.
- ☐ Pour bagna cauda into a 1 1/2- to 2-cup fondue pot and set over a candle or medium-low alcohol or canned-heat flame (see notes); stir mixture often and adjust heat as needed so garlic doesn't burn.
- ☐ Serve with vegetables and baguette slices.

## Nutrition Facts



## Properties

Glycemic Index:5.56, Glycemic Load:0.47, Inflammation Score:-1, Nutrition Score:1.2517391229453%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 33.13kcal (1.66%), Fat: 2.87g (4.41%), Saturated Fat: 1.18g (7.37%), Carbohydrates: 1.16g (0.39%), Net Carbohydrates: 1g (0.36%), Sugar: 0.37g (0.41%), Cholesterol: 5.67mg (1.89%), Sodium: 89.26mg (3.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.73%), Vitamin C: 2.47mg (2.99%), Vitamin B3: 0.49mg (2.43%), Selenium: 1.63µg (2.33%), Manganese: 0.04mg (2.11%), Vitamin E: 0.28mg (1.87%), Vitamin B6: 0.04mg (1.76%), Vitamin K: 1.59µg (1.51%), Vitamin A: 72.86IU (1.46%), Vitamin B2: 0.02mg (1.38%), Potassium: 47.64mg (1.36%), Phosphorus: 12.17mg (1.22%), Folate: 4.44µg (1.11%), Iron: 0.19mg (1.06%), Magnesium: 4.05mg (1.01%)