



Bagna Cauda Bruschetta

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce crusty baguette sliced
- ☐ 3 fillet oil-packed anchovies canned minced rinsed
- ☐ 0.3 cup olive oil extravirgin
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 5 garlic clove minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 medium bell pepper red quartered
- ☐ 0.3 teaspoon salt

- ☐ 1 medium zucchini

Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ sauce pan
- ☐ grill
- ☐ broiler
- ☐ grill pan

Directions

- ☐ Preheat broiler.
- ☐ Arrange baguette slices in an even layer on a baking sheet. Broil 1 minute or until toasted. Cool completely on baking sheet.
- ☐ Prepare grill or grill pan.
- ☐ Slice zucchini lengthwise into 3 equal pieces. Arrange zucchini pieces and bell pepper quarters, skin side down, in a single layer on grill rack or grill pan coated with cooking spray, and grill 3 minutes on each side or until lightly browned and crisp-tender. Chop zucchini and bell pepper; cover and keep warm.
- ☐ Combine juice, salt, garlic, and anchovies in a small food processor; process 30 seconds or until mixture forms a paste.
- ☐ Add oil; pulse 10 times or until combined. Spoon mixture into a small saucepan; bring to a simmer over medium-high heat.
- ☐ Remove from heat; stir in parsley.
- ☐ Place 2 baguette slices on each of 12 plates.
- ☐ Drizzle each slice with about 1/2 teaspoon oil mixture, and top with about 1 tablespoon vegetables.
- ☐ Serve immediately.

Nutrition Facts



 **PROTEIN 9.22%**  **FAT 47.06%**  **CARBS 43.72%**

Properties

Glycemic Index:15.06, Glycemic Load:6.54, Inflammation Score:-4, Nutrition Score:5.1243477932623%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 96.99kcal (4.85%), Fat: 5.14g (7.9%), Saturated Fat: 0.75g (4.7%), Carbohydrates: 10.74g (3.58%), Net Carbohydrates: 9.92g (3.61%), Sugar: 1.76g (1.96%), Cholesterol: 0.21mg (0.07%), Sodium: 176.81mg (7.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.53%), Vitamin C: 17.38mg (21.06%), Vitamin K: 15.45µg (14.71%), Vitamin B1: 0.13mg (8.42%), Vitamin A: 399.61IU (7.99%), Manganese: 0.15mg (7.51%), Folate: 30.04µg (7.51%), Vitamin E: 0.9mg (5.97%), Vitamin B3: 1.1mg (5.49%), Selenium: 3.64µg (5.2%), Vitamin B2: 0.09mg (5.15%), Iron: 0.86mg (4.75%), Vitamin B6: 0.09mg (4.62%), Fiber: 0.82g (3.28%), Phosphorus: 29.77mg (2.98%), Potassium: 98.4mg (2.81%), Calcium: 27.06mg (2.71%), Magnesium: 9.94mg (2.48%), Copper: 0.04mg (1.95%), Zinc: 0.25mg (1.7%), Vitamin B5: 0.15mg (1.5%)