



Bagna Cauda Butter

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



276 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter room-temperature
- ☐ 1 fillet anchovy canned
- ☐ 1 tablespoon capers drained chopped
- ☐ 0.3 cup flat-leaf parsley chopped
- ☐ 1 large garlic clove
- ☐ 0.3 teaspoon kosher salt

Equipment

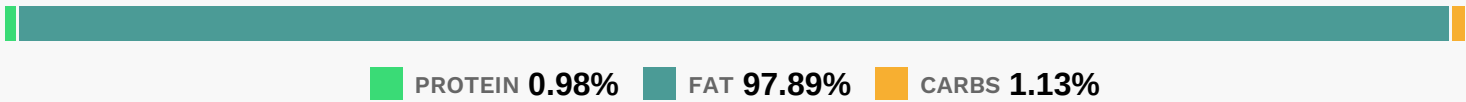
- ☐ bowl

- ☐ knife
- ☐ plastic wrap
- ☐ mortar and pestle
- ☐ cutting board

Directions

- ☐ In a mortar with a pestle, or on a cutting board using a fork, mash garlic with salt into a paste.
- ☐ Add anchovy fillet and continue mashing until incorporated.
- ☐ Scrape into a bowl and add butter, parsley, and capers.
- ☐ Mix well.
- ☐ Spoon across a piece of plastic wrap and roll up into a 1 1/2-in.-thick log. Refrigerate at least 1 hour or up to 1 week.
- ☐ With a sharp knife, cut into slices about 1/4 in. thick to top oysters.

Nutrition Facts



Properties

Glycemic Index:37.33, Glycemic Load:0.15, Inflammation Score:-7, Nutrition Score:6.3126088267435%

Flavonoids

Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg

Nutrients (% of daily need)

Calories: 275.87kcal (13.79%), Fat: 30.78g (47.36%), Saturated Fat: 19.47g (121.67%), Carbohydrates: 0.8g (0.27%), Net Carbohydrates: 0.53g (0.19%), Sugar: 0.09g (0.1%), Cholesterol: 81.63mg (27.21%), Sodium: 526.1mg (22.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.39%), Vitamin K: 85.36µg (81.3%), Vitamin A: 1370.56IU (27.41%), Vitamin C: 7.08mg (8.58%), Vitamin E: 0.95mg (6.34%), Folate: 9.42µg (2.36%), Iron: 0.4mg (2.2%), Calcium: 19.75mg (1.98%), Phosphorus: 14.62mg (1.46%), Vitamin B2: 0.02mg (1.4%), Manganese: 0.03mg (1.38%), Potassium: 43.71mg (1.25%), Magnesium: 4.62mg (1.16%), Vitamin B12: 0.07µg (1.12%), Selenium: 0.78µg (1.12%), Fiber: 0.27g (1.09%), Copper: 0.02mg (1.08%)