



Bagna Cauda Dip with Assorted Vegetables

 Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



282 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter ()
- ☐ 2 ounce oil-packed anchovies drained chopped canned
- ☐ 4 ounces garlic clove unpeeled
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 4 servings cauliflower florets assorted (such as sugar snap peas, haricots verts, cauliflower florets, baby zucchini and pattypan squash, asparagus spears, and baby golden and scarlet beets)

Equipment

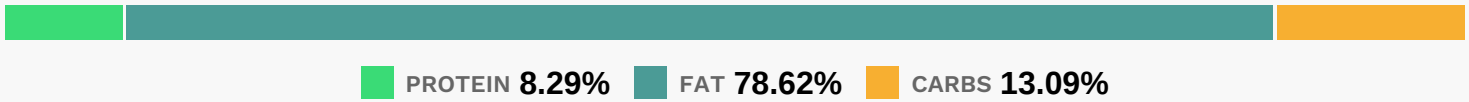
- ☐ bowl

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ sieve

Directions

- ☐ Bring large pot of salted water to boil. Blanch sugar snap peas and haricots verts 1 minute. Using strainer, transfer vegetables to paper towels to drain. Blanch cauliflower florets 2 minutes; blanch zucchini, pattypan squash, and asparagus spears 3 minutes. Cook baby beets in same pot of water until tender, about 15 minutes; cool, peel, and cut beets in half.
- ☐ Simmer garlic cloves in medium saucepan of salted water until tender, 20 to 25 minutes.
- ☐ Drain, cool, and peel.
- ☐ Place garlic in shallow bowl; mash with back of fork until smooth. Melt butter in skillet over medium heat.
- ☐ Add anchovies and stir 1 minute.
- ☐ Add garlic, then whisk in olive oil. Reduce heat to medium-low. Simmer 5 minutes, whisking occasionally (sauce may separate). Season with salt and pepper; serve dip with vegetables.
- ☐ Per serving: 279 calories, 26 g fat, 3 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:2.65, Inflammation Score:-3, Nutrition Score:8.3817391602889%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 0.5mg, Quercetin:

0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 281.57kcal (14.08%), Fat: 25.2g (38.77%), Saturated Fat: 6.42g (40.13%), Carbohydrates: 9.44g (3.15%), Net Carbohydrates: 8.82g (3.21%), Sugar: 0.31g (0.34%), Cholesterol: 27.1mg (9.03%), Sodium: 570.7mg (24.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.98g (11.96%), Manganese: 0.49mg (24.49%), Vitamin E: 3.25mg (21.67%), Selenium: 13.75µg (19.65%), Vitamin B6: 0.38mg (19.12%), Vitamin B3: 3.03mg (15.14%), Vitamin K: 13.68µg (13.03%), Vitamin C: 9.33mg (11.31%), Calcium: 86.28mg (8.63%), Phosphorus: 81.22mg (8.12%), Iron: 1.24mg (6.91%), Copper: 0.13mg (6.66%), Potassium: 195.64mg (5.59%), Vitamin B2: 0.09mg (5.04%), Vitamin B1: 0.07mg (4.57%), Zinc: 0.68mg (4.56%), Magnesium: 17.16mg (4.29%), Vitamin A: 183.15IU (3.66%), Vitamin B5: 0.31mg (3.12%), Fiber: 0.62g (2.46%), Vitamin B12: 0.14µg (2.28%), Vitamin D: 0.24µg (1.61%)