



Broccoli Bagna Càuda



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



269 kcal

SIDE DISH

Ingredients

- ☐ 6 fillet anchovy packed in olive oil (half of a 2 ounce can), drained and minced
- ☐ 4 servings pepper black freshly ground
- ☐ 2 pounds broccoli with stems peeled and cut into uniform pieces cut into florets,
- ☐ 2 garlic clove minced
- ☐ 2 tablespoons cremini; but your choice)
- ☐ 4 servings kosher salt
- ☐ 1 lemon zest finely grated
- ☐ 0.3 cup olive oil extra virgin extra-virgin

☐ 0.5 teaspoon pepper red

Equipment

☐ bowl

☐ frying pan

☐ baking sheet

☐ sauce pan

☐ oven

☐ aluminum foil

Directions

☐ Preheat the oven to 400°F with the rack in the middle position.

☐ In a large bowl, toss together the broccoli and macadamia nut oil, and season generously with salt and pepper. Arrange the broccoli in a single layer on a foil-lined rimmed baking sheet.

☐ Roast the tray of broccoli for 30 to 35 minutes, or until tender and toasty, tossing the broccoli and turning the baking sheet halfway through the cooking time.

☐ In the mean time, make the bagna càuda. Cook the minced anchovies and olive oil in a small saucepan over low heat. Stir until the anchovies melt into the oil, which should take 3 to 5 minutes.

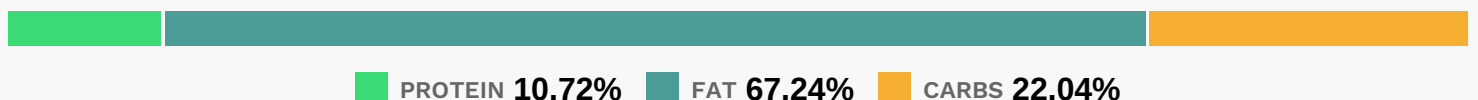
☐ Remove the pan from the heat, and stir in the garlic and red pepper flakes.

☐ When the broccoli's done roasting, transfer it to a large bowl, and mix it with the garlic-anchovy sauce, lemon zest, and lemon juice.

☐ Not a big fan of anchovy? Don't wig out, dude: they won't overpower the dish. Anchovies just enhance the umami!

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Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:3.08, Inflammation Score:-9, Nutrition Score:22.576086920241%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.83mg, Luteolin: 1.83mg, Luteolin: 1.83mg, Luteolin: 1.83mg Kaempferol: 17.78mg, Kaempferol: 17.78mg, Kaempferol: 17.78mg, Kaempferol: 17.78mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg

Nutrients (% of daily need)

Calories: 268.55kcal (13.43%), Fat: 21.68g (33.35%), Saturated Fat: 7.91g (49.46%), Carbohydrates: 15.98g (5.33%), Net Carbohydrates: 9.78g (3.56%), Sugar: 3.95g (4.39%), Cholesterol: 3.6mg (1.2%), Sodium: 279.61mg (12.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.78g (15.56%), Vitamin C: 204.71mg (248.13%), Vitamin K: 241.65µg (230.14%), Folate: 143.75µg (35.94%), Vitamin A: 1491.5IU (29.83%), Vitamin E: 4.12mg (27.44%), Manganese: 0.52mg (26.15%), Fiber: 6.2g (24.8%), Vitamin B6: 0.43mg (21.61%), Potassium: 754.45mg (21.56%), Vitamin B2: 0.29mg (16.83%), Phosphorus: 163.51mg (16.35%), Vitamin B5: 1.36mg (13.56%), Magnesium: 51.24mg (12.81%), Calcium: 121.66mg (12.17%), Vitamin B3: 2.34mg (11.69%), Selenium: 8.14µg (11.63%), Vitamin B1: 0.17mg (11.26%), Iron: 2.02mg (11.21%), Zinc: 1.07mg (7.11%), Copper: 0.13mg (6.68%)