



Charred Romanesco with Anchovies and Mint



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 fillet anchovy packed in oil, drained
- ☐ 8 servings pepper black freshly ground
- ☐ 1 large carrots minced
- ☐ 3 pounds regular cauliflower cut into florets (2 medium heads)
- ☐ 1 celery stalk minced
- ☐ 4 fresno chiles seeded thinly sliced into rounds,
- ☐ 0.5 cup cooking wine dry white
- ☐ 8 servings kosher salt

- ☐ 0.5 cup torn mint leaves fresh
- ☐ 0.5 cup olive oil divided
- ☐ 1 large onion minced

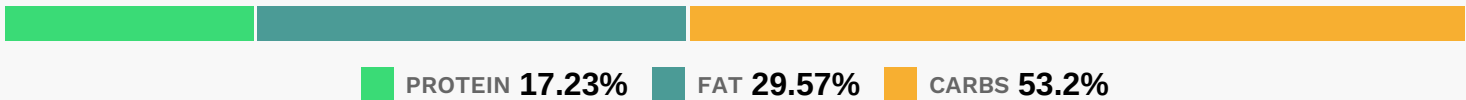
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Heat 1/2 cup oil in a medium saucepan over medium heat.
- ☐ Add onion, carrot, celery, and chiles; season with salt and cook, stirring occasionally, until vegetables are very soft but not brown, 12–15 minutes.
- ☐ Let soffritto cool.
- ☐ Preheat oven to 450°F.
- ☐ Heat 2 tablespoons oil in a large skillet over medium-high heat.
- ☐ Add half of Romanesco and cook, undisturbed, until deeply browned, about 4 minutes.
- ☐ Transfer to a roasting pan; repeat with remaining 2 tablespoons oil and remaining Romanesco.
- ☐ Add soffritto, anchovies, and wine to roasting pan; season with salt and pepper and toss to combine.
- ☐ Roast, tossing halfway through, until
- ☐ Romanesco is soft and liquid is mostly evaporated, 25–30 minutes; season with salt and pepper and top with mint.

Nutrition Facts



Properties

Glycemic Index:28.73, Glycemic Load:3.1, Inflammation Score:-9, Nutrition Score:15.928695728597%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.35mg, Hesperetin: 0.35mg, Hesperetin: 0.35mg, Hesperetin: 0.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg

Nutrients (% of daily need)

Calories: 103.79kcal (5.19%), Fat: 3.44g (5.3%), Saturated Fat: 0.65g (4.05%), Carbohydrates: 13.94g (4.65%), Net Carbohydrates: 9.37g (3.41%), Sugar: 5.81g (6.46%), Cholesterol: 1.2mg (0.4%), Sodium: 257.98mg (11.22%), Alcohol: 1.54g (100%), Alcohol %: 0.77% (100%), Protein: 4.51g (9.03%), Vitamin C: 117.15mg (142%), Vitamin A: 1841.38IU (36.83%), Vitamin K: 32.78µg (31.21%), Folate: 111.14µg (27.78%), Vitamin B6: 0.48mg (23.82%), Manganese: 0.41mg (20.43%), Potassium: 674.22mg (19.26%), Fiber: 4.57g (18.27%), Vitamin B5: 1.26mg (12.59%), Phosphorus: 101.62mg (10.16%), Magnesium: 38.45mg (9.61%), Vitamin B2: 0.15mg (8.65%), Vitamin B1: 0.12mg (8.01%), Vitamin B3: 1.6mg (8%), Iron: 1.29mg (7.16%), Copper: 0.12mg (6.12%), Calcium: 59.77mg (5.98%), Vitamin E: 0.76mg (5.05%), Zinc: 0.66mg (4.38%), Selenium: 1.99µg (2.84%)