



Chickpea and Octopus Bruschetta

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



291 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 fillet anchovy
- 14.5 oz chickpeas drained and rinsed canned
- 0.3 cup cooking wine dry white
- 4 cloves garlic roughly chopped
- 1 pound baby octopus cleaned (see notes)
- 0.3 cup olive oil
- 8 servings olive oil extra-virgin for drizzling
- 0.5 cup red wine vinegar

1 tablespoon salt plus more to taste

8 servings basic bruschetta

Equipment

frying pan

knife

pot

Directions

In a large pot, cover octopus with cold water.

Add vinegar and 1 tablespoon salt and bring to a boil. Reduce heat to keep liquid at a slow boil and cook until a knife easily pierces the meat, 45 to 60 minutes.

Drain octopus, let cool, and chop into chickpea-size pieces.

Meanwhile, in a small pan, heat the olive oil and garlic over low heat. Cook until garlic is soft but not brown, about 10 minutes.

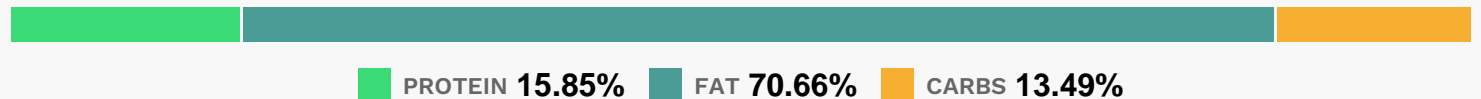
Remove from heat, add anchovy, and mash thoroughly with a fork.

Put octopus, chickpeas, and garlic-anchovy oil in a large frying pan over high heat and cook, stirring and mashing the chickpeas slightly, until mixture starts to brown.

Add white wine and scrape up any browned bits.

Remove from heat, spoon onto bruschettas, and drizzle with extra-virgin olive oil.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:2.05, Inflammation Score:-3, Nutrition Score:14.929130466088%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg,

Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg
Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 291.02kcal (14.55%), Fat: 22.44g (34.52%), Saturated Fat: 3.1g (19.4%), Carbohydrates: 9.64g (3.21%), Net Carbohydrates: 7.29g (2.65%), Sugar: 0.15g (0.17%), Cholesterol: 27.52mg (9.17%), Sodium: 1153.07mg (50.13%), Alcohol: 0.77g (100%), Alcohol %: 0.63% (100%), Protein: 11.32g (22.65%), Vitamin B12: 11.34µg (189.05%), Selenium: 26.83µg (38.33%), Vitamin E: 3.67mg (24.48%), Manganese: 0.48mg (23.89%), Vitamin B6: 0.47mg (23.51%), Iron: 3.89mg (21.61%), Copper: 0.33mg (16.66%), Phosphorus: 152.28mg (15.23%), Vitamin K: 12.6µg (12%), Fiber: 2.36g (9.44%), Zinc: 1.35mg (8.99%), Potassium: 291.91mg (8.34%), Magnesium: 32.83mg (8.21%), Vitamin B3: 1.35mg (6.73%), Folate: 22.08µg (5.52%), Calcium: 53.8mg (5.38%), Vitamin B5: 0.45mg (4.53%), Vitamin C: 3.43mg (4.16%), Vitamin B1: 0.04mg (2.47%), Vitamin B2: 0.03mg (2.03%), Vitamin A: 93.14IU (1.86%)