



Crudite and 3 Sauces

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



518 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 baby zucchini washed
- ☐ 0.5 cup olives black such as nicoise, kalamata may also be used pitted
- ☐ 2 tablespoons caper brine
- ☐ 1 tablespoon capers in brine
- ☐ 4 small carrots whole peeled
- ☐ 1 head celery whole separated trimmed
- ☐ 4 servings coarse salt
- ☐ 1 cucumber seedless halved quartered

- ☐ 1 teaspoon thyme leaves dried
- ☐ 2 large eggs
- ☐ 2 can flat filet anchovies drained
- ☐ 2 tablespoons flat-leaf parsley chopped
- ☐ 1 clove garlic
- ☐ 0.3 cup olive oil – eyeball it extra-virgin
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 4 servings olive oil extra-virgin for drizzling
- ☐ 0.3 cup parmigiano grated
- ☐ 2 plum tomatoes seeded chopped
- ☐ 4 large radishes whole with greens in tact cleaned
- ☐ 2 scallions thinly sliced
- ☐ 4 scallions whole cleaned trimmed
- ☐ 2 vine tomatoes ripe
- ☐ 2 tablespoons red wine vinegar – eyeball it

Equipment

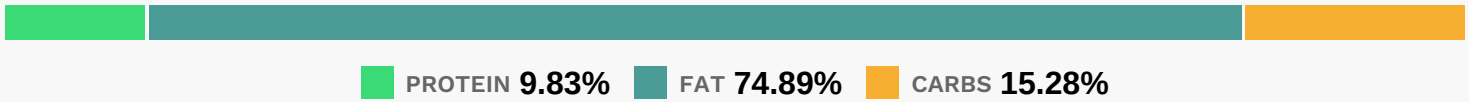
- ☐ food processor
- ☐ bowl
- ☐ mixing bowl
- ☐ pot
- ☐ blender

Directions

- ☐ Place anchovies, capers, caper brine, and garlic in food processor or blender and turn the machine on. Stream in the olive oil and form a thick dressing. Scrape the dressing into a small serving cup or bowl and return the processor bowl or the blender to its base.
- ☐ Place the black olives, vinegar, and thyme in processor or blender. Turn machine on and stream in the olive oil. When dressing forms, stop machine and add cheese. Pulse-process cheese into dressing then transfer dressing into a second cup or small bowl.

- ☐ In a small mixing bowl, combine tomatoes, scallions, and parsley.
- ☐ Drizzle the raw sauce with the olive oil and season it with salt and pepper, to your taste.
- ☐ Place the in a small pot. Cover eggs with water and bring water to a boil. Cover pot and remove from heat.
- ☐ Let eggs stand 10 minutes.
- ☐ Drain eggs and crack shells by rattling cooked eggs inside empty covered pot. Peel and cool eggs under cold running water.
- ☐ Arrange the vegetables in a flower pot, building high and stuffing the pot tightly. Nest whole eggs and whole tomatoes among the vegetables.
- ☐ Serve your vegetable masterpiece with sauces to pass at table.

Nutrition Facts



Properties

Glycemic Index:96.21, Glycemic Load:3.07, Inflammation Score:-10, Nutrition Score:31.810434911562%

Flavonoids

Pelargonidin: 5.68mg, Pelargonidin: 5.68mg, Pelargonidin: 5.68mg, Pelargonidin: 5.68mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 4.66mg, Apigenin: 4.66mg, Apigenin: 4.66mg, Apigenin: 4.66mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 3.3mg, Kaempferol: 3.3mg, Kaempferol: 3.3mg, Kaempferol: 3.3mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

Nutrients (% of daily need)

Calories: 518.13kcal (25.91%), Fat: 45.25g (69.62%), Saturated Fat: 7.57g (47.3%), Carbohydrates: 20.77g (6.92%), Net Carbohydrates: 14.19g (5.16%), Sugar: 7.04g (7.82%), Cholesterol: 97.46mg (32.49%), Sodium: 929.8mg (40.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.37g (26.74%), Vitamin A: 10833.06IU (216.66%), Vitamin K: 122.75µg (116.91%), Vitamin C: 93.41mg (113.22%), Vitamin E: 7.32mg (48.79%), Potassium: 1556.44mg (44.47%), Manganese: 0.7mg (35.19%), Phosphorus: 349.04mg (34.9%), Vitamin B6: 0.54mg (27.2%), Magnesium: 106.92mg (26.73%), Fiber: 6.59g (26.34%), Folate: 101.67µg (25.42%), Calcium: 202.86mg (20.29%), Iron: 3.55mg (19.73%), Copper: 0.38mg (18.88%), Vitamin B2: 0.31mg (18.23%), Zinc: 2.71mg (18.09%), Vitamin B5: 1.62mg (16.17%), Selenium: 10.6µg (15.14%), Vitamin B3: 2.79mg (13.93%), Vitamin B1: 0.2mg (13.54%), Vitamin B12: 0.3µg (5.03%), Vitamin D: 0.54µg (3.57%)