



Grilled Antipasto with Garlicky Bean Dip

READY IN



45 min.

SERVINGS



6

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 fillet anchovy
- ☐ 0.5 cup basil chopped
- ☐ 2 pound beefsteak tomatoes sliced
- ☐ 0.8 pound marinated bocconcini
- ☐ 6 servings grilled country bread for serving
- ☐ 19 ounce .5 can cannellini beans drained and rinsed canned
- ☐ 2 pound eggplants sliced lengthwise
- ☐ 2 small garlic cloves minced
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 2 tablespoons olive oil extra-virgin plus more for brushing
- ☐ 6 small cubanelle peppers italian
- ☐ 6 servings salt and pepper freshly ground
- ☐ 4 medium zucchini sliced lengthwise

Equipment

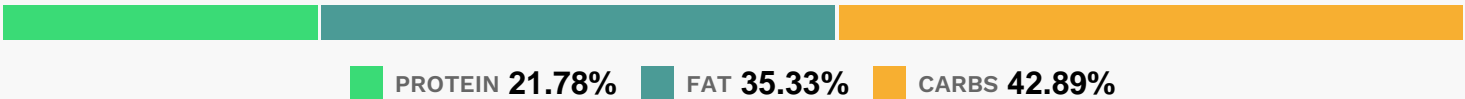
- ☐ food processor
- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ In a food processor, combine the beans with the garlic, lemon juice and 2 tablespoons of the olive oil. Process until smooth, then scrape into a bowl. Fold in the basil and season with salt and pepper.
- ☐ Light a grill.
- ☐ Brush the peppers and the zucchini and eggplant slices with olive oil and season with salt and pepper. Wrap an anchovy fillet around each of the bocconcini and thread the balls onto six 8-inch skewers.
- ☐ Grill the peppers and the sliced zucchini and eggplants over a medium-hot fire until lightly charred and tender, about 2 minutes per side for the zucchini and 4 minutes per side for the peppers and eggplant.
- ☐ Transfer to a large platter and spread the bean dip on the zucchini and eggplant slices.
- ☐ Lightly brush the tomato slices with olive oil and season with salt and pepper. Grill until tender, about 1 minute per side.
- ☐ Transfer the tomatoes to the platter. Lightly oil the grate. Grill the skewered bocconcini for 1 minute, turning once, or just until beginning to melt; transfer the skewers to the platter.
- ☐ Serve the antipasto with the remaining white bean dip and the grilled bread.
- ☐ Make Ahead: The white bean dip can be covered and refrigerated overnight.
- ☐ Wine Recommendation: A food-friendly Sauvignon Blanc with herbal overtones and bold acidity will accent the grilled eggplant and garlic and balance the salty anchovies in this dish.

Look for an Italian bottling, such as the 2000 Borgo Conventi or 2000 Livio Felluga.

Nutrition Facts



Properties

Glycemic Index:47.11, Glycemic Load:15.3, Inflammation Score:-9, Nutrition Score:33.994782587756%

Flavonoids

Delphinidin: 129.56mg, Delphinidin: 129.56mg, Delphinidin: 129.56mg, Delphinidin: 129.56mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 1.1mg, Naringenin: 1.1mg, Naringenin: 1.1mg, Naringenin: 1.1mg Luteolin: 3.49mg, Luteolin: 3.49mg, Luteolin: 3.49mg, Luteolin: 3.49mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 488.1kcal (24.41%), Fat: 20.25g (31.16%), Saturated Fat: 5.39g (33.68%), Carbohydrates: 55.33g (18.44%), Net Carbohydrates: 40.92g (14.88%), Sugar: 16.36g (18.18%), Cholesterol: 30.01mg (10%), Sodium: 411.27mg (17.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.09g (56.19%), Vitamin C: 109.59mg (132.83%), Manganese: 1.69mg (84.64%), Fiber: 14.41g (57.65%), Potassium: 1698.6mg (48.53%), Folate: 180.69µg (45.17%), Vitamin K: 43.45µg (41.38%), Calcium: 389.38mg (38.94%), Vitamin A: 1943.83IU (38.88%), Vitamin B6: 0.77mg (38.29%), Vitamin B3: 6.76mg (33.82%), Magnesium: 134.38mg (33.59%), Iron: 5.82mg (32.31%), Copper: 0.62mg (31.24%), Vitamin B1: 0.43mg (28.66%), Phosphorus: 285.73mg (28.57%), Selenium: 16.21µg (23.16%), Vitamin B2: 0.38mg (22.14%), Vitamin E: 3.25mg (21.67%), Zinc: 2.62mg (17.44%), Vitamin B5: 1.41mg (14.15%), Vitamin B12: 0.1µg (1.65%)