



Grilled Puttanesca Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon anchovy paste
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon capers chopped
- ☐ 1 tablespoon garlic minced
- ☐ 3 heirloom tomatoes seeded quartered
- ☐ 12 kalamata olives pitted
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup olive oil extra-virgin divided

- ☐ 2 teaspoons oregano fresh minced
- ☐ 0.5 medium onion red sliced
- ☐ 4 teaspoons red wine vinegar

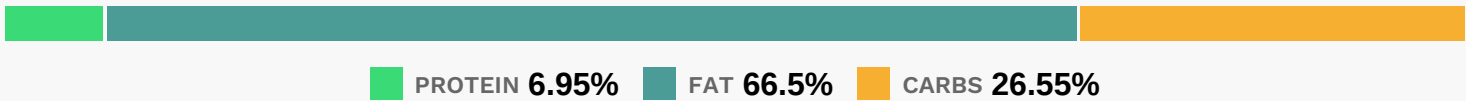
Equipment

- ☐ whisk
- ☐ grill

Directions

- ☐ Cover olives with cool water, and let stand 30 minutes.
- ☐ Heat grill to medium-high.
- ☐ Brush tomatoes and red onion with 1/4 cup olive oil. Grill until slightly charred and softened. Immediately chop tomatoes and onion, and toss with garlic while still hot. Season with salt and pepper; cool to room temperature.
- ☐ Mix together vinegar and anchovy paste. Slowly drizzle in remaining 1/4 cup olive oil, whisking constantly, until slightly thickened.
- ☐ Drain and chop olives.
- ☐ Combine chopped tomatoes and onion with olives, capers, and oregano.
- ☐ Drizzle vinaigrette over vegetables, and toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:0.72, Inflammation Score:-6, Nutrition Score:3.121739136784%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 48.87kcal (2.44%), Fat: 3.83g (5.89%), Saturated Fat: 0.54g (3.37%), Carbohydrates: 3.44g (1.15%), Net Carbohydrates: 2.29g (0.83%), Sugar: 1.57g (1.75%), Cholesterol: 0.64mg (0.21%), Sodium: 297.3mg (12.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Vitamin C: 7.21mg (8.74%), Vitamin K: 8.95µg (8.52%), Vitamin A: 418.56IU (8.37%), Vitamin E: 0.99mg (6.63%), Manganese: 0.11mg (5.71%), Fiber: 1.15g (4.6%), Potassium: 138.53mg (3.96%), Vitamin B6: 0.07mg (3.33%), Copper: 0.05mg (2.54%), Iron: 0.45mg (2.52%), Folate: 9.96µg (2.49%), Vitamin B3: 0.48mg (2.41%), Magnesium: 9.08mg (2.27%), Calcium: 21.79mg (2.18%), Phosphorus: 17.86mg (1.79%), Vitamin B1: 0.03mg (1.68%), Vitamin B2: 0.02mg (1.12%), Selenium: 0.78µg (1.11%)