



## Hot Polenta Sandwiches with Puntarelle: Rebecchini con Puntarelle

 Dairy Free

READY IN



105 min.

SERVINGS



4

CALORIES



318 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons capers rinsed drained
- 3 eggs beaten
- 0.5 cup flour
- 6 cloves garlic thinly sliced
- 1 juice of lemon juiced
- 0.5 cup olive oil extra-virgin plus more for coating and frying
- 1 cup polenta finely

- 1 teaspoon salt
- 11 salt-packed anchovies
- 3 cups water
- 1 head puntarelle dried drained sliced into 1/ strips, held in ice water 10 minutes, and

## Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- whisk
- wooden spoon
- cookie cutter

## Directions

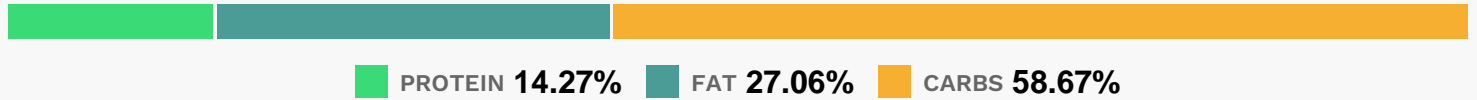
- Brush a large cookie sheet with olive oil and set aside.
- In a medium saucepan, heat the water to a boil and add the salt.
- Whisking vigorously, pour in the polenta, slowly, in a thin stream, and cook until quite thick, about 1 minute, switching to a wooden spoon to stir as the polenta thickens.
- Pour the polenta out onto a cookie sheet and spread out flat until it covers the sheet, about 1/8-inch to 1/4-inch thick. Allow to cool 1 hour.
- Rinse the anchovies and remove the heads, fins and bones. In a small saucepan, heat 1/4-cup olive oil over medium heat with the garlic and cook until just light brown.
- Add the anchovies and capers and stir until broken up into a paste.
- Remove from heat and set aside.
- Pour 3 inches of oil into a 6-inch tall frying pan and heat to 360 degrees F. While the oil is heating, cut the polenta into 2-inch rounds, using a grappa glass or cookie cutter, yielding about 40 pieces.
- Place 1/4-teaspoon anchovy mixture on 1 polenta disk and make a sandwich by covering it with a second polenta disk. Dredge each sandwich in flour, then in egg and fry until golden

brown, about 3 minutes. Continue until all the sandwiches are finished.

In a medium bowl, combine the puntarelle, remaining 1/4-cup olive oil, lemon juice and the remainder of the anchovy mixture. Season with salt and pepper, to taste, and toss well to coat.

Serve with the little sandwiches.

## Nutrition Facts



## Properties

Glycemic Index:26.25, Glycemic Load:9.04, Inflammation Score:-4, Nutrition Score:8.4847825402799%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 5.27mg, Kaempferol: 5.27mg, Kaempferol: 5.27mg, Kaempferol: 5.27mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg

## Nutrients (% of daily need)

Calories: 317.84kcal (15.89%), Fat: 9.43g (14.51%), Saturated Fat: 1.88g (11.75%), Carbohydrates: 46g (15.33%), Net Carbohydrates: 44.7g (16.26%), Sugar: 0.67g (0.74%), Cholesterol: 122.76mg (40.92%), Sodium: 1574.53mg (68.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.19g (22.39%), Selenium: 22.88µg (32.69%), Vitamin B2: 0.26mg (15.03%), Vitamin B1: 0.2mg (13.27%), Folate: 48.65µg (12.16%), Manganese: 0.24mg (11.93%), Phosphorus: 119.12mg (11.91%), Iron: 1.88mg (10.47%), Vitamin B6: 0.18mg (9.08%), Vitamin B5: 0.8mg (8.05%), Vitamin E: 1.18mg (7.89%), Vitamin B3: 1.49mg (7.44%), Copper: 0.13mg (6.73%), Magnesium: 22.82mg (5.7%), Vitamin C: 4.48mg (5.43%), Vitamin A: 269.64IU (5.39%), Zinc: 0.79mg (5.24%), Fiber: 1.3g (5.21%), Vitamin B12: 0.29µg (4.89%), Vitamin D: 0.66µg (4.4%), Vitamin K: 4.58µg (4.36%), Potassium: 144.26mg (4.12%), Calcium: 37.56mg (3.76%)