



HEALTH SCORE

68%

Marinated Anchovies



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



360 min.

SERVINGS



4

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pound anchovies fresh whole
- ☐ 4 servings olive oil extra virgin as needed
- ☐ 1 juice of lemon
- ☐ 4 servings salt and pepper black freshly ground to taste
- ☐ 1.5 cup white vinegar plain

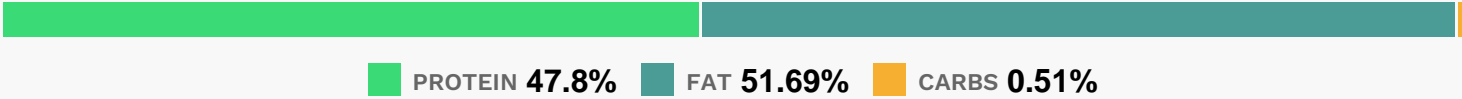
Equipment

- ☐ bowl
- ☐ baking pan

Directions

- ☐ Split the anchovies up the middle, gut them, and remove their heads and spines. Rinse them drain them.
- ☐ Spread about ½ of the onion slices onto the bottom of a 9×13 glass or ceramic baking dish.
- ☐ Lay the anchovies on top in as close to a single layer as possible.
- ☐ Combine the 1 cup vinegar and lemon juice and drizzle the mixture over the fish. Top with about ½ of the remaining onion slices.
- ☐ Put the remaining onions in a small bowl and pour remaining ½ cup white wine vinegar over them.
- ☐ Let the fish marinate in a cool place for 4–6 hours. When the flesh of the anchovies has whitened and firmed up (the acidity will cook it) drain them and transfer them to a different bowl. Season them lightly with salt and pepper, add extra-virgin olive oil to cover, and garnish them with the remaining onion and the vinegar in the bowl.
- ☐ Let the fish rest for a few more hours in the fridge, and serve them as an antipasto.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.03, Inflammation Score:-6, Nutrition Score:28.193478187789%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 514.25kcal (25.71%), Fat: 27.74g (42.68%), Saturated Fat: 5.57g (34.82%), Carbohydrates: 0.62g (0.21%), Net Carbohydrates: 0.57g (0.21%), Sugar: 0.23g (0.25%), Cholesterol: 170.1mg (56.7%), Sodium: 297.12mg (12.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.73g (115.46%), Vitamin B3: 39.77mg (198.83%), Selenium: 103.97µg (148.52%), Iron: 9.34mg (51.87%), Phosphorus: 497.86mg (49.79%), Vitamin B2: 0.73mg (42.77%), Calcium: 423.51mg (42.35%), Zinc: 4.89mg (32.6%), Potassium: 1096.89mg (31.34%), Copper: 0.61mg (30.32%),

Magnesium: 117.81mg (29.45%), Vitamin B12: 1.76µg (29.29%), Vitamin E: 3.64mg (24.29%), Vitamin B6: 0.41mg (20.46%), Vitamin B5: 1.84mg (18.4%), Manganese: 0.26mg (13.23%), Vitamin B1: 0.16mg (10.52%), Vitamin K: 8.88µg (8.45%), Folate: 27.03µg (6.76%), Vitamin C: 2.9mg (3.52%), Vitamin A: 142.74IU (2.85%)