



Marinated Fresh Anchovies: Alici Marinate

 Gluten Free  Dairy Free

READY IN



420 min.

SERVINGS



8

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds anchovies fresh
- 4 cloves garlic paper thin sliced
- 2 cups olive oil extra-virgin
- 2 tablespoons oregano dried
- 1 bunch parsley italian finely chopped
- 2 tablespoons chile flakes red
- 2 tablespoons sea salt
- 2 cups citrus champagne vinegar

Equipment

- knife
- kitchen towels
- kitchen scissors

Directions

- Using scissors, trim the fins off of all the anchovies. Using a sharp paring knife, gut the fish, and rinse well.
- Cut off the heads and carefully remove the spine and pin bones by pulling from the top with the index finger and thumbnail. Separate the 2 fillets and rinse again.
- Lay 1 layer of the fillets in a deep oval quiche plate and sprinkle over with vinegar. Continue until all the fish fillets are in the plate and pour over the rest of the vinegar.
- Let sit to marinate for at least 4 hours in the refrigerator.
- Drain each anchovy from the vinegar, rinse, and pat dry with a kitchen towel. Wash out the oval quiche plate and dry well.
- Lay the cured anchovies into the quiche plate, one layer at a time, with 2 or 3 tablespoons olive oil, a pinch of oregano, a sprinkle of chile flakes, a sprinkle of parsley, a couple of garlic slices, and a sprinkle of salt.
- Layer until all of the anchovies are finished and allow to marinate at least 2 hours, refrigerated.
- To serve, bring anchovies to cellar temp, just about 58 degrees F, and place 8 or 9 on each plate drained of oil. The cured anchovies will last like this for 1 week in the refrigerator.

Nutrition Facts

 **PROTEIN 36.99%**  **FAT 58.4%**  **CARBS 4.61%**

Properties

Glycemic Index:8.38, Glycemic Load:0.23, Inflammation Score:-9, Nutrition Score:22.33000006883%

Flavonoids

Apigenin: 15.4mg, Apigenin: 15.4mg, Apigenin: 15.4mg, Apigenin: 15.4mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg

Myricetin: 1.08mg, Myricetin: 1.08mg, Myricetin: 1.08mg, Myricetin: 1.08mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 269.13kcal (13.46%), Fat: 16.69g (25.68%), Saturated Fat: 3.02g (18.9%), Carbohydrates: 2.96g (0.99%), Net Carbohydrates: 1.47g (0.53%), Sugar: 0.27g (0.3%), Cholesterol: 68.04mg (22.68%), Sodium: 1904.4mg (82.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.79g (47.58%), Vitamin K: 133.38µg (127.02%), Vitamin B3: 16.3mg (81.48%), Selenium: 42.08µg (60.11%), Iron: 5.3mg (29.46%), Vitamin A: 1271.31IU (25.43%), Vitamin E: 3.25mg (21.65%), Phosphorus: 216.37mg (21.64%), Calcium: 210.58mg (21.06%), Vitamin B2: 0.32mg (19.08%), Potassium: 558.32mg (15.95%), Magnesium: 59.22mg (14.81%), Zinc: 2.19mg (14.57%), Copper: 0.29mg (14.48%), Vitamin C: 10.29mg (12.47%), Manganese: 0.24mg (12.21%), Vitamin B6: 0.24mg (12.11%), Vitamin B12: 0.7µg (11.72%), Vitamin B5: 0.8mg (7.98%), Folate: 24.6µg (6.15%), Fiber: 1.49g (5.98%), Vitamin B1: 0.08mg (5.25%)