



Mozzarella and Anchovy Skewers: Spiedini alla Romana

READY IN



30 min.

SERVINGS



4

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 fillet anchovy rinsed drained finely chopped
- ☐ 2 tablespoons basil cut into chiffonade
- ☐ 2 cups unseasoned bread cubes 1-inch
- ☐ 1 pinch chili flakes hot
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 0.5 pound mozzarella cheese fresh cut into 1-inch cubes
- ☐ 2 tablespoons parsley finely chopped
- ☐ 0.5 cup white wine

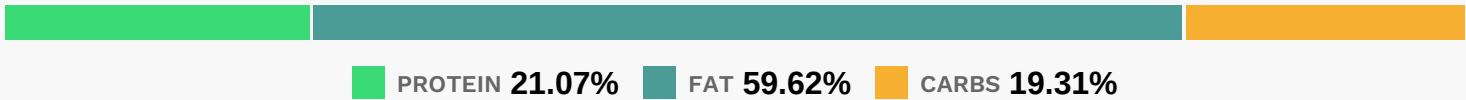
Equipment

- ☐ frying pan
- ☐ wooden spoon
- ☐ skewers

Directions

- ☐ Skewer bread and cheese, alternating cheese and bread.
- ☐ Heat oil in a 12 to 14-inch saute pan, add the skewers and cook until crusty.
- ☐ Remove from pan to a platter.
- ☐ Add the anchovies and white wine to the pan. Swirl the pan over medium heat to deglaze and, if necessary, scrape with a wooden spoon.
- ☐ Add the parsley, basil and chili flakes, and cook for 1 more minute.
- ☐ Drizzle the sauce over the skewers and serve at once.;

Nutrition Facts



Properties

Glycemic Index:50.67, Glycemic Load:7.62, Inflammation Score:-6, Nutrition Score:12.773043611775%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 342.18kcal (17.11%), Fat: 21.26g (32.7%), Saturated Fat: 8.7g (54.37%), Carbohydrates: 15.49g (5.16%), Net Carbohydrates: 14.28g (5.19%), Sugar: 2.5g (2.78%), Cholesterol: 48.39mg (16.13%), Sodium: 497.39mg (21.63%), Alcohol: 3.09g (100%), Alcohol %: 3% (100%), Protein: 16.9g (33.8%), Vitamin K: 43.99µg (41.9%), Calcium:

337.53mg (33.75%), Selenium: 19.93µg (28.48%), Phosphorus: 254.47mg (25.45%), Vitamin B12: 1.33µg (22.17%), Manganese: 0.41mg (20.26%), Vitamin B2: 0.25mg (14.93%), Zinc: 2.12mg (14.11%), Vitamin B3: 2.54mg (12.68%), Vitamin A: 615.49IU (12.31%), Iron: 1.73mg (9.63%), Vitamin B1: 0.14mg (9.27%), Vitamin E: 1.24mg (8.24%), Folate: 32.34µg (8.08%), Magnesium: 29.96mg (7.49%), Fiber: 1.21g (4.84%), Potassium: 141.44mg (4.04%), Vitamin B6: 0.08mg (3.98%), Vitamin B5: 0.37mg (3.72%), Vitamin C: 2.9mg (3.51%), Copper: 0.07mg (3.43%), Vitamin D: 0.23µg (1.51%)