



Radishes with Creamy Anchovy Butter

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



162 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons anchovy paste
- ☐ 1 garlic clove chopped
- ☐ 0.3 teaspoon juice of lemon fresh to taste
- ☐ 24 small radishes such as breakfast variety french
- ☐ 1.5 sticks butter unsalted softened

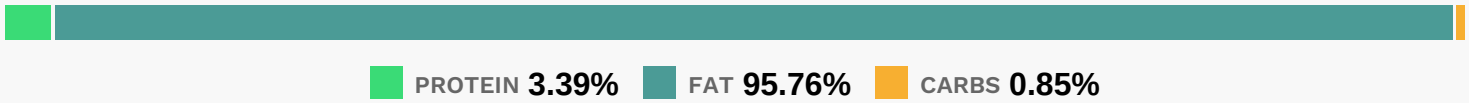
Equipment

- ☐ food processor
- ☐ paper towels

Directions

- ☐ Blend butter in a food processor with anchovy paste, garlic, and lemon juice until smooth. Season with salt.
- ☐ Serve as a dip for radishes.
- ☐ •Anchovy butter can be made 1 day ahead and chilled.
- ☐ Let soften before serving. •Radishes can be washed and trimmed 1 day ahead and chilled in a sealable bag lined with a paper towel.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:1.9226087241069%

Flavonoids

Pelargonidin: 3.79mg, Pelargonidin: 3.79mg, Pelargonidin: 3.79mg, Pelargonidin: 3.79mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 161.87kcal (8.09%), Fat: 17.58g (27.05%), Saturated Fat: 10.97g (68.59%), Carbohydrates: 0.35g (0.12%), Net Carbohydrates: 0.25g (0.09%), Sugar: 0.13g (0.15%), Cholesterol: 48.95mg (16.32%), Sodium: 151.54mg (6.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.8%), Vitamin A: 531.54IU (10.63%), Selenium: 3.03µg (4.32%), Vitamin E: 0.63mg (4.17%), Vitamin B3: 0.82mg (4.11%), Vitamin D: 0.39µg (2.57%), Vitamin K: 2.05µg (1.95%), Phosphorus: 16.95mg (1.7%), Calcium: 16.55mg (1.66%), Vitamin B2: 0.02mg (1.44%), Vitamin C: 1.07mg (1.29%), Potassium: 42.49mg (1.21%), Iron: 0.22mg (1.2%), Vitamin B12: 0.07µg (1.19%), Copper: 0.02mg (1.05%)