



Roasted Broccoli Bagna Cauda



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



3

CALORIES



215 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 fillet anchovy minced
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 pounds broccoli
- ☐ 4 medium garlic clove minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 tablespoons olive oil
- ☐ 0.3 teaspoon pepper red

Equipment

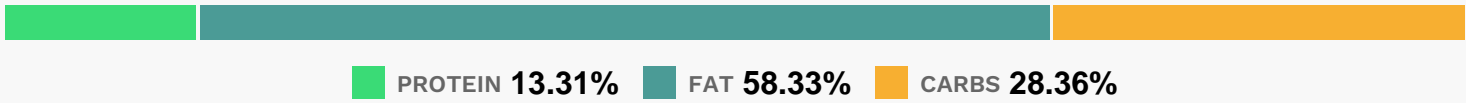
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ spatula
- ☐ peeler

Directions

- ☐ Heat the oven to 475°F and arrange a rack in the middle.
- ☐ Place a baking sheet in the oven while it is heating. Trim about 1 inch off the stem ends of the broccoli. Using a vegetable peeler, peel away the woody outer layer of the stalks. Halve the broccoli lengthwise through the stem and florets. Turn the pieces so that they are cut-side down, then cut them lengthwise through the stem and florets into 1/2- to 3/4-inch-wide pieces.
- ☐ Cut those pieces crosswise into 2-inch pieces.
- ☐ Place the broccoli in a large bowl and set it aside.
- ☐ Place the oil in a small saucepan and heat over low heat until just warmed through, about 2 minutes.
- ☐ Add the anchovies and garlic, stir to combine, and cook until the garlic is softened but not browned and the anchovies are fragrant, about 5 minutes.
- ☐ Remove the pan from the heat and stir in the red pepper flakes; transfer the oil-anchovy mixture to a small heatproof bowl. Once the solids have settled to the bottom, tilt the bowl (being careful not to disturb the solids), remove 2 tablespoons of the oil, and drizzle it over the reserved broccoli. Set aside the remaining oil-anchovy mixture.
- ☐ Sprinkle the broccoli with the salt and pepper and toss until evenly coated.
- ☐ Remove the hot baking sheet from the oven and spread the broccoli in an even layer on it. Roast until the edges start to brown, about 10 minutes. Using a flat metal spatula, stir the broccoli, scraping it up from the pan, and spread it back into an even layer. Continue roasting until it is just tender when pierced with a knife, about 5 to 10 minutes more.

- ☐
- Transfer the broccoli to a large bowl, add the remaining oil-anchovy mixture (including the solids), and toss to combine.
- ☐
- Serve with lemon wedges, if using.

Nutrition Facts



Properties

Glycemic Index:31.33, Glycemic Load:3.32, Inflammation Score:-9, Nutrition Score:22.65869558635%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.83mg, Luteolin: 1.83mg, Luteolin: 1.83mg, Luteolin: 1.83mg Kaempferol: 17.79mg, Kaempferol: 17.79mg, Kaempferol: 17.79mg, Kaempferol: 17.79mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 7.46mg, Quercetin: 7.46mg, Quercetin: 7.46mg, Quercetin: 7.46mg

Nutrients (% of daily need)

Calories: 214.71kcal (10.74%), Fat: 15.15g (23.3%), Saturated Fat: 2.27g (14.18%), Carbohydrates: 16.57g (5.52%), Net Carbohydrates: 10.49g (3.82%), Sugar: 3.91g (4.34%), Cholesterol: 3.2mg (1.07%), Sodium: 471.7mg (20.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.78g (15.55%), Vitamin C: 203.55mg (246.73%), Vitamin K: 240.28µg (228.84%), Folate: 143.56µg (35.89%), Vitamin A: 1466.3IU (29.33%), Manganese: 0.57mg (28.6%), Vitamin E: 3.88mg (25.89%), Fiber: 6.08g (24.32%), Vitamin B6: 0.46mg (22.9%), Potassium: 758.83mg (21.68%), Vitamin B2: 0.29mg (16.78%), Phosphorus: 165.85mg (16.58%), Vitamin B5: 1.36mg (13.62%), Magnesium: 51.36mg (12.84%), Calcium: 123.34mg (12.33%), Selenium: 8.23µg (11.75%), Vitamin B1: 0.17mg (11.5%), Iron: 2.02mg (11.24%), Vitamin B3: 2.25mg (11.23%), Zinc: 1.08mg (7.19%), Copper: 0.14mg (6.93%)