



Roasted Radishes with Anchovies



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



88 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoon capers rinsed chopped
- ☐ 3 clove garlic minced peeled
- ☐ 4 tablespoon olive oil
- ☐ 2 bunch radishes mixed (varieties if possible)
- ☐ 6 servings salt and pepper to taste

Equipment

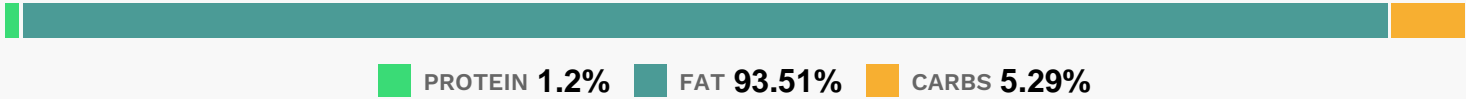
- ☐ bowl
- ☐ baking sheet

☐ oven

Directions

- ☐ Pre-heat oven to 375 degrees Wash and dry the radishes thoroughly. Then cut them into halves or quarters. Though you may leave the small ones whole. You goal is uniform bite-sized pieces.Toss the radishes with the chopped capers, anchovies, garlic, olive oil in a medium-sized bowl. Season with a generous amount of salt and pepper.
- ☐ Spread the mixture onto a parchment lined baking sheet, in as close to a single layer as possible.Roast them in the upper third of the oven for 30 minutes, stirring them once or twice to achieve even coloring. Squeeze plenty of lemon juice over the hot radished just before serving.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.24, Inflammation Score:-1, Nutrition Score:1.4678260868658%

Flavonoids

Pelargonidin: 10.52mg, Pelargonidin: 10.52mg, Pelargonidin: 10.52mg, Pelargonidin: 10.52mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 3.65mg, Kaempferol: 3.65mg, Kaempferol: 3.65mg, Kaempferol: 3.65mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg

Nutrients (% of daily need)

Calories: 88.02kcal (4.4%), Fat: 9.38g (14.43%), Saturated Fat: 1.3g (8.13%), Carbohydrates: 1.19g (0.4%), Net Carbohydrates: 0.81g (0.29%), Sugar: 0.34g (0.37%), Cholesterol: 0mg (0%), Sodium: 274.57mg (11.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.54%), Vitamin E: 1.37mg (9.12%), Vitamin K: 6.52µg (6.21%), Vitamin C: 3.05mg (3.7%), Manganese: 0.04mg (1.96%), Vitamin B6: 0.03mg (1.55%), Fiber: 0.38g (1.53%), Potassium: 46.05mg (1.32%), Folate: 4.82µg (1.21%), Copper: 0.02mg (1.15%)