



Roasted Red Pepper Bagna Cauda

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



12

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 8 small oil-packed anchovies canned drained
- 0.5 teaspoon pepper red crushed
- 1.5 tablespoons parsley fresh chopped
- 1 garlic clove whole
- 0.3 teaspoon kosher salt
- 2 tablespoons juice of lemon fresh
- 0.3 cup olive oil

6 bell pepper red

Equipment

food processor

baking sheet

oven

aluminum foil

broiler

Directions

Preheat oven to 350

Remove white papery skin from garlic head (do not peel or separate the cloves). Wrap in foil.

Bake at 350 for 1 hour; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins. Set aside 1 tablespoon garlic pulp; reserve remaining pulp for another use.

Preheat broiler.

Cut the red bell peppers in half lengthwise, and discard seeds and membranes.

Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil for 15 minutes or until blackened.

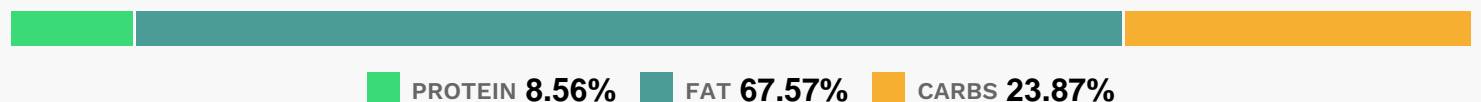
Place in a paper bag; fold to close tightly.

Let stand for 20 minutes; peel.

Combine bell peppers, reserved garlic, oil, and next 5 ingredients (through black pepper) in a food processor; process until smooth.

Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.78, Inflammation Score:-9, Nutrition Score:9.4239129942396%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 62.29kcal (3.11%), Fat: 4.96g (7.63%), Saturated Fat: 0.72g (4.5%), Carbohydrates: 3.94g (1.31%), Net Carbohydrates: 2.62g (0.95%), Sugar: 2.58g (2.86%), Cholesterol: 2.27mg (0.76%), Sodium: 150.51mg (6.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.83%), Vitamin C: 77.87mg (94.39%), Vitamin A: 1931.24IU (38.62%), Vitamin K: 14.31µg (13.63%), Vitamin E: 1.72mg (11.45%), Vitamin B6: 0.19mg (9.26%), Folate: 29.01µg (7.25%), Vitamin B3: 1.13mg (5.67%), Fiber: 1.32g (5.27%), Potassium: 148.63mg (4.25%), Manganese: 0.08mg (4.07%), Vitamin B2: 0.06mg (3.66%), Selenium: 1.93µg (2.76%), Iron: 0.46mg (2.56%), Magnesium: 9.64mg (2.41%), Vitamin B1: 0.04mg (2.4%), Phosphorus: 23.38mg (2.34%), Vitamin B5: 0.22mg (2.21%), Zinc: 0.23mg (1.52%), Calcium: 12.18mg (1.22%), Copper: 0.02mg (1.12%)