



Roasted Sunchokes with Buttery Bagna Cauda

 Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 large anchovy fillets minced
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 large garlic cloves minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 20 servings lemon wedges for serving
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 tablespoon parsley chopped
- ☐ 20 servings pepper freshly ground

- ☐ 20 servings salt
- ☐ 2 pounds young sunchokes scrubbed halved lengthwise
- ☐ 3 tablespoons butter unsalted
- ☐ 2 tablespoons vegetable oil

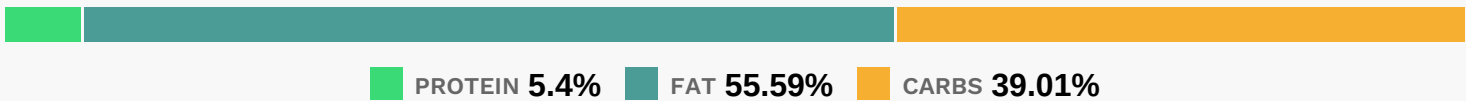
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat the oven to 40
- ☐ In a large ovenproof skillet, heat the vegetable oil.
- ☐ Add the sunchokes, cut side down, and cook over moderately high heat for 1 minute.
- ☐ Transfer the skillet to the oven and bake for about 25 minutes, until the sunchokes are golden brown and tender.
- ☐ Meanwhile, in a small saucepan, heat the olive oil.
- ☐ Add the anchovies, garlic and crushed red pepper and cook over low heat until the anchovies are sizzling, about 1 minute.
- ☐ Remove from the heat and stir in the butter, 1 tablespoon at a time. Stir in the lemon juice and season with salt and pepper.
- ☐ Transfer to a shallow bowl and keep warm.
- ☐ Spoon the sunchokes onto a platter.
- ☐ Garnish with the parsley and serve with the warm bagna cauda and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:7.57, Glycemic Load:2.36, Inflammation Score:-1, Nutrition Score:2.8795652221078%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 81.1kcal (4.05%), Fat: 5.22g (8.03%), Saturated Fat: 1.59g (9.93%), Carbohydrates: 8.25g (2.75%), Net Carbohydrates: 7.44g (2.71%), Sugar: 4.41g (4.9%), Cholesterol: 4.99mg (1.67%), Sodium: 197.33mg (8.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.28%), Iron: 1.62mg (9%), Vitamin K: 7.43µg (7.08%), Vitamin B1: 0.09mg (6.19%), Potassium: 204.5mg (5.84%), Phosphorus: 38.3mg (3.83%), Vitamin E: 0.57mg (3.79%), Vitamin C: 2.99mg (3.63%), Vitamin B3: 0.71mg (3.57%), Copper: 0.07mg (3.45%), Fiber: 0.8g (3.21%), Manganese: 0.05mg (2.36%), Magnesium: 8.59mg (2.15%), Vitamin B6: 0.04mg (2.1%), Vitamin B5: 0.19mg (1.95%), Vitamin B2: 0.03mg (1.84%), Vitamin A: 87.05IU (1.74%), Folate: 6.63µg (1.66%)