



Sautéed Kidneys with Broccoli, Anchovies, and Chili Pepper

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

READY IN



45 min.

SERVINGS



4

CALORIES



141 kcal

SIDE DISH

Ingredients

- 7 fillet anchovy roughly chopped
- 2 broccoli florets cut into thin slices
- 2 tablespoons capers chopped
- 1 teaspoon pepper flakes
- 3 garlic clove sliced
- 4 servings lemon wedges
- 4 tablespoons olive oil

4 servings parsley chopped

Equipment

Directions

- To remove the interior fat from the kidneys and whatever sinews and tissues you see. Thinly slice on a bias, less than 1/4 inch thick. Set aside.
- Heat the garlic in two tablespoons of oil over medium heat.
- Add the broccoli and let them brown without moving them around too much, 5 to 7 minutes.
- Add the anchovies and stir around until the anchovies are broken up.
- Add the capers and let them brown too, for one to two minutes.
- Add the chili pepper flakes.
- Adjust the heat to high and add the slices of kidneys and the remaining oil. Stir around to evenly distribute the kidneys.
- Let them brown, about 30 seconds, before stirring around anymore. Kidneys are done when one edge or side is browned and the rest is just cooked through.
- Serve immediately, garnishing with parsley and lemon.

Nutrition Facts

 PROTEIN 5.44%  FAT 89.7%  CARBS 4.86%

Properties

Glycemic Index:41.13, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:6.9152173063029%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 5.75mg, Kaempferol: 5.75mg, Kaempferol: 5.75mg, Kaempferol: 5.75mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 7.14mg, Quercetin: 7.14mg, Quercetin: 7.14mg, Quercetin: 7.14mg

Nutrients (% of daily need)

Calories: 141.3kcal (7.07%), Fat: 14.44g (22.22%), Saturated Fat: 2.05g (12.78%), Carbohydrates: 1.76g (0.59%), Net Carbohydrates: 1.27g (0.46%), Sugar: 0.26g (0.29%), Cholesterol: 4.2mg (1.4%), Sodium: 122.89mg (5.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.94%), Vitamin K: 80.84µg (76.99%), Vitamin C: 13.43mg (16.27%), Vitamin E: 2.18mg (14.51%), Vitamin A: 392.57IU (7.85%), Vitamin B3: 1.13mg (5.64%), Selenium: 3.07µg (4.39%), Iron: 0.72mg (3.99%), Manganese: 0.07mg (3.31%), Vitamin B6: 0.06mg (2.96%), Folate: 11.56µg (2.89%), Calcium: 24.64mg (2.46%), Potassium: 82.52mg (2.36%), Copper: 0.05mg (2.35%), Phosphorus: 22.67mg (2.27%), Vitamin B2: 0.04mg (2.21%), Magnesium: 8.27mg (2.07%), Fiber: 0.5g (1.99%), Zinc: 0.23mg (1.52%), Vitamin B1: 0.02mg (1.18%), Vitamin B5: 0.11mg (1.12%)