



## Sliced Baguette with Anchovy Chive Butter and Radishes

READY IN



45 min.

SERVINGS



16

CALORIES



135 kcal

### Ingredients

- 1 teaspoon anchovy paste to taste
- 16 slices crusty baguette
- 16 servings kosher salt
- 2 tablespoons chives fresh chopped
- 10 radishes trimmed thinly sliced
- 0.5 cup butter unsalted room temperature (1 stick)

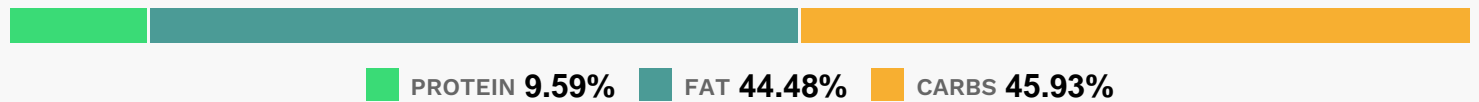
### Equipment

- bowl

## Directions

- In a small bowl, mix butter with anchovy paste and 2 tablespoons chives; add more anchovy paste to taste, if desired.
- Spread anchovy butter over 1 side of each baguette slice. Top each baguette slice with radish slices, overlapping slightly to cover bread.
- Garnish with additional chopped chives, sprinkle with salt and serve.

## Nutrition Facts



## Properties

Glycemic Index:9.3, Glycemic Load:10.58, Inflammation Score:-3, Nutrition Score:3.84%

## Flavonoids

Pelargonidin: 1.58mg, Pelargonidin: 1.58mg, Pelargonidin: 1.58mg, Pelargonidin: 1.58mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 135.04kcal (6.75%), Fat: 6.67g (10.26%), Saturated Fat: 3.83g (23.92%), Carbohydrates: 15.5g (5.17%), Net Carbohydrates: 14.78g (5.37%), Sugar: 1.56g (1.73%), Cholesterol: 15.57mg (5.19%), Sodium: 407.08mg (17.7%), Protein: 3.23g (6.47%), Vitamin B1: 0.19mg (12.5%), Folate: 35.52µg (8.88%), Selenium: 5.85µg (8.36%), Vitamin B3: 1.54mg (7.7%), Manganese: 0.15mg (7.64%), Vitamin B2: 0.11mg (6.35%), Iron: 1.14mg (6.33%), Vitamin A: 193.92IU (3.88%), Calcium: 37.26mg (3.73%), Phosphorus: 33.77mg (3.38%), Fiber: 0.72g (2.89%), Magnesium: 9.13mg (2.28%), Vitamin K: 2.33µg (2.22%), Copper: 0.04mg (2.16%), Zinc: 0.28mg (1.85%), Vitamin B6: 0.04mg (1.83%), Vitamin E: 0.27mg (1.8%), Potassium: 50.4mg (1.44%), Vitamin B5: 0.14mg (1.38%)