



The Crisper Whisperer: Winter Crudités with Marcella Hazan's Bagna Cauda

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



140 kcal

SIDE DISH

Ingredients

- 10 fillet anchovy minced
- 1 head belgian endive separated
- 6 servings pepper black to taste
- 1 pound broccoli florets
- 3 tablespoons butter
- 1 pound cauliflower florets
- 2 cloves garlic minced

- 0.5 cup olive oil extra virgin extra-virgin
- 12 radishes

Equipment

- bowl
- pot
- sieve
- wooden spoon

Directions

- Fill a large pot halfway with water.
- Add 1 tablespoon Kosher salt. Bring water to a boil over high heat. Meanwhile, fill a large bowl with ice water. When water boils, add broccoli and cook for one minute.
- Remove with a strainer to ice water. Repeat with cauliflower. When florets are cool, blot dry and arrange on a large platter with endive and radishes.
- In a small pot, heat the olive oil and butter over medium heat until the butter starts to foam.
- Add garlic and anchovy and cook, mashing anchovy against bottom and sides of pot with a wooden spoon, until most of the anchovy has dissolved into the sauce, about 3 minutes.
- Remove from heat, season to taste with pepper, and pour into a small bowl (or serve directly from pot).
- Serve immediately with crudité.

Nutrition Facts



PROTEIN 13.79% **FAT 60.26%** **CARBS 25.95%**

Properties

Glycemic Index:34.67, Glycemic Load:1.85, Inflammation Score:-7, Nutrition Score:16.569565301356%

Flavonoids

Pelargonidin: 5.05mg, Pelargonidin: 5.05mg, Pelargonidin: 5.05mg, Pelargonidin: 5.05mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 6.27mg, Kaempferol: 6.27mg, Kaempferol: 6.27mg, Kaempferol: 6.27mg Myricetin:

0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 139.87kcal (6.99%), Fat: 10.12g (15.56%), Saturated Fat: 4.37g (27.32%), Carbohydrates: 9.8g (3.27%), Net Carbohydrates: 5.88g (2.14%), Sugar: 2.89g (3.21%), Cholesterol: 19.05mg (6.35%), Sodium: 103.13mg (4.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.41%), Vitamin C: 105.62mg (128.02%), Vitamin K: 91.78µg (87.41%), Folate: 96.84µg (24.21%), Manganese: 0.32mg (16.22%), Fiber: 3.93g (15.7%), Potassium: 534.8mg (15.28%), Vitamin B6: 0.3mg (15.16%), Vitamin A: 653IU (13.06%), Vitamin B5: 1.02mg (10.21%), Phosphorus: 102.02mg (10.2%), Vitamin B2: 0.16mg (9.41%), Vitamin B3: 1.85mg (9.23%), Vitamin E: 1.37mg (9.14%), Magnesium: 32.19mg (8.05%), Selenium: 5.06µg (7.23%), Calcium: 69.61mg (6.96%), Vitamin B1: 0.1mg (6.94%), Iron: 1.18mg (6.57%), Copper: 0.09mg (4.67%), Zinc: 0.68mg (4.56%)