



Baked Sardines in Pepperonata

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons capers drained
- ☐ 8 servings dill and grilled crusty bread fresh chopped (for serving)
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 garlic cloves thinly sliced
- ☐ 8 servings kosher salt freshly ground
- ☐ 0.5 cup olive oil plus more for drizzling
- ☐ 0.5 teaspoons oregano dried

- ☐ 4 bell peppers red
- ☐ 0.5 medium onion red thinly sliced
- ☐ 8 sardines fresh whole
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons tomato paste
- ☐ 0.5 cup citrus champagne vinegar

Equipment

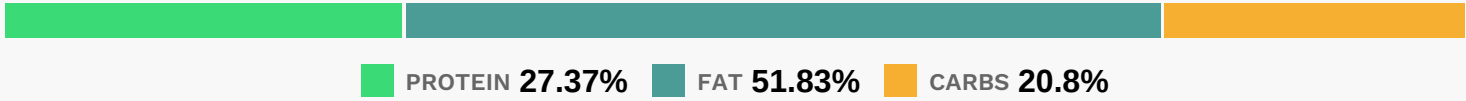
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat broiler. Broil peppers on a broilerproof rimmed baking sheet, turning occasionally, until blistered all over, 8–10 minutes.
- ☐ Transfer to a medium bowl, cover with plastic wrap, and let sit 15 minutes. Peel, seed, and slice into 1/2"-wide strips.
- ☐ Reduce oven temperature to 450°F.
- ☐ Heat 1/4 cup oil in a large skillet over medium heat.
- ☐ Add onion and garlic; season with salt and pepper and cook, stirring occasionally, until softened, 8–10 minutes. Increase heat to medium-high, add tomato paste and sugar and cook, stirring, until tomato paste is beginning to darken, about 1 minute.
- ☐ Add wine and vinegar and cook, stirring often, until slightly reduced, about 2 minutes.
- ☐ Mix in roasted peppers, parsley, capers, and oregano. Cook, stirring occasionally, until slightly thickened, about 5 minutes.
- ☐ Transfer pepperonata to a shallow 3-quart baking dish.

- ☐
- Season sardines inside and out with saltand pepper; lay on top of pepperonata.
- ☐
- Drizzle with oil and bake until sardines arefirm and beginning to brown, 15–20minutes. Top with dill, drizzle with more oil,and serve with bread.

Nutrition Facts



Properties

Glycemic Index:46.07, Glycemic Load:2.76, Inflammation Score:−9, Nutrition Score:13.839130194291%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 2.7mg, Kaempferol: 2.7mg, Kaempferol: 2.7mg, Kaempferol: 2.7mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg

Nutrients (% of daily need)

Calories: 161.68kcal (8.08%), Fat: 8.85g (13.62%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 7.99g (2.66%), Net Carbohydrates: 6.25g (2.27%), Sugar: 4.99g (5.55%), Cholesterol: 21.28mg (7.09%), Sodium: 98.41mg (4.28%), Alcohol: 1.54g (100%), Alcohol %: 1.11% (100%), Protein: 10.52g (21.03%), Vitamin C: 79.27mg (96.09%), Vitamin A: 2097.82IU (41.96%), Vitamin K: 22.94µg (21.84%), Vitamin B3: 3.62mg (18.08%), Calcium: 172.77mg (17.28%), Phosphorus: 151.2mg (15.12%), Vitamin B2: 0.22mg (12.73%), Manganese: 0.22mg (11.24%), Vitamin B6: 0.21mg (10.54%), Vitamin E: 1.55mg (10.36%), Potassium: 334.9mg (9.57%), Selenium: 6.36µg (9.08%), Folate: 32.85µg (8.21%), Zinc: 1.14mg (7.63%), Fiber: 1.74g (6.97%), Magnesium: 24.98mg (6.25%), Iron: 1.11mg (6.16%), Vitamin B1: 0.07mg (4.73%), Vitamin B5: 0.22mg (2.24%), Copper: 0.04mg (2.22%)