



Bruschetta with Fresh Monterey Sardines

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



273 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon flat-leaf parsley italian chopped
- 4 sardines fresh cleaned (you should have 8 fillets total)
- 1 clove garlic
- 4 servings salt and ground pepper fresh black
- 4 slices bread italian thick
- 1 optional: lemon
- 2 tablespoons olive oil

Equipment

baking sheet

oven

Directions

Preheat oven to broil.

Lightly oil bread slices with olive oil and place them on a baking sheet.

Place in oven and toast until golden brown and crisp.

While toast is still warm, rub 1 side of each slice with the fresh garlic.

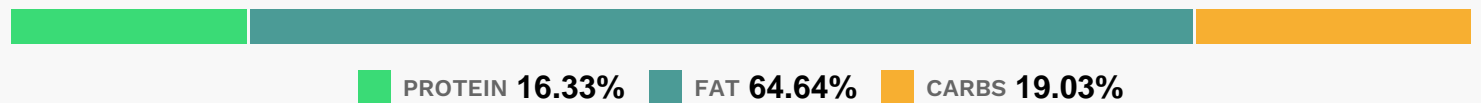
Place 2 sardine fillets, silver skin side facing up, on each toast and put back on the baking sheet. Season with salt and pepper.

Bake for 4 to 6 minutes.

Remove tray from oven and garnish with just a squeeze of lemon juice and chopped parsley.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:29.88, Glycemic Load:0.53, Inflammation Score:-2, Nutrition Score:6.2191304694051%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 272.85kcal (13.64%), Fat: 20.03g (30.81%), Saturated Fat: 4.82g (30.12%), Carbohydrates: 13.27g (4.42%), Net Carbohydrates: 11.77g (4.28%), Sugar: 6.86g (7.63%), Cholesterol: 21.28mg (7.09%), Sodium: 75.04mg (3.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.38g (22.77%), Vitamin B3: 3.73mg (18.67%), Vitamin C: 14.58mg (17.67%), Calcium: 165.73mg (16.57%), Phosphorus: 136.24mg (13.62%), Vitamin B2: 0.17mg (10%), Selenium: 5.82µg (8.31%), Vitamin E: 1.05mg (7%), Zinc: 0.96mg (6.42%), Potassium: 214.01mg (6.11%), Fiber: 1.5g

(5.99%), Iron: 1.04mg (5.76%), Manganese: 0.11mg (5.31%), Vitamin K: 4.8µg (4.57%), Magnesium: 17.13mg (4.28%),
Vitamin B1: 0.06mg (4.19%), Folate: 15.65µg (3.91%), Vitamin A: 92.66IU (1.85%), Vitamin B6: 0.03mg (1.56%)