



Fresh Sardines on Grilled Bread

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.8 inch bread
- ☐ 1 tablespoon coarse salt
- ☐ 6 tablespoons olive oil
- ☐ 16 large sardines cleaned (2 pounds in all)
- ☐ 0.3 teaspoon salt

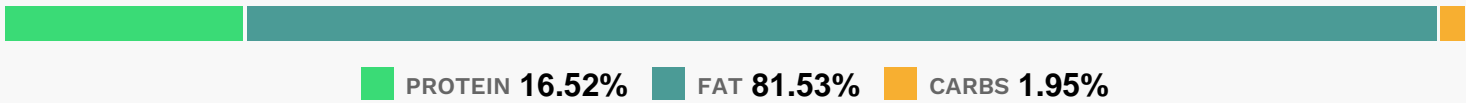
Equipment

- ☐ grill
- ☐ broiler

Directions

- ☐ Light the grill or heat the broiler. Using 4 1/2 tablespoons of the oil, brush both sides of each slice of bread.
- ☐ Sprinkle both sides with the table salt. Grill or broil the bread, turning once, until crisp and golden on the surface but still soft inside, about 4 minutes in all.
- ☐ Rub the sardines all over with the remaining 1 1/2 tablespoons oil and sprinkle with the coarse salt. Grill or broil the sardines for 4 minutes. Turn and cook until golden brown and just done, about 3 minutes. To serve, top each piece of grilled bread with 4 sardines.
- ☐ Fish Alternatives: Sweeter than sardines, smelts are an ideal alternative here. They're usually smaller, so cook them a little less.
- ☐ Wine Recommendation: The saltiness of the sardines and the rusticity of this dish are perfect with a very cold bottle of unassuming and refreshing vinho verde from Portugal. Many vinho verdes are nonvintage, but if those available to you are dated, choose as young a bottle as possible.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:0.77, Inflammation Score:-1, Nutrition Score:11.965651982909%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 293.74kcal (14.69%), Fat: 26.61g (40.94%), Saturated Fat: 3.65g (22.83%), Carbohydrates: 1.43g (0.48%), Net Carbohydrates: 1.31g (0.48%), Sugar: 0.17g (0.19%), Cholesterol: 68.16mg (22.72%), Sodium: 2051.5mg (89.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.13g (24.26%), Vitamin B12: 4.29µg (71.52%), Selenium: 26.17µg (37.39%), Vitamin E: 4.01mg (26.73%), Phosphorus: 239.09mg (23.91%), Calcium: 188.51mg (18.85%), Vitamin D: 2.3µg (15.36%), Vitamin B3: 2.68mg (13.42%), Vitamin K: 14.04µg (13.37%), Iron: 1.64mg (9.13%), Vitamin B2: 0.12mg (6.86%), Potassium: 195.41mg (5.58%), Magnesium: 20.01mg (5%), Copper: 0.1mg (4.76%), Manganese: 0.09mg (4.63%), Zinc: 0.67mg (4.43%), Vitamin B6: 0.08mg (4.18%), Vitamin B1: 0.05mg (3.39%), Vitamin B5: 0.33mg (3.33%), Folate: 7.36µg (1.84%), Vitamin A: 51.9IU (1.04%)