



WHATSheATE



HEALTH SCORE

62%

Fresh Sardines with Two-Olive Bread Crumb Crust



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



707 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1.5 cups coarse bread crumbs fresh



4 servings lemon wedges for serving



0.3 cup oil-cured olives black pitted chopped



2 tablespoons olive oil extra-virgin



0.3 cup sicilian olives green pitted chopped



1.3 teaspoons rosemary minced



4 servings salt and pepper freshly ground

☐ 2.5 pounds sardines fresh whole

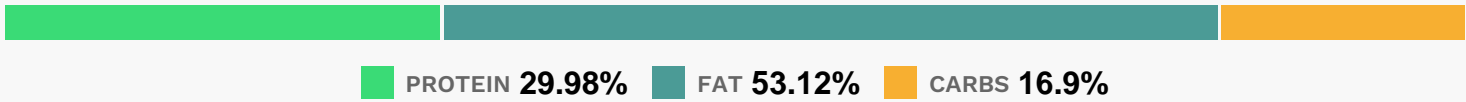
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat the broiler.
- ☐ Spread the sardines open on a large baking sheet, skin side down. In a medium bowl, combine the bread crumbs, green and black olives, 1 1/2 tablespoons of the olive oil and the rosemary and season with salt and pepper. Top each sardine with 2 heaping tablespoons of the bread crumbs, pressing them to adhere.
- ☐ Divide the remaining 1/2 tablespoon of olive oil between 2 large nonstick ovenproof skillets. Arrange 6 sardines in each skillet, skin side down, and cook over moderately high heat until browned on the bottom and cooked through, 3 to 4 minutes.
- ☐ Set the skillets under the broiler, 1 at a time if necessary, and broil for 1 to 2 minutes, or until the bread crumbs are golden and crisp.
- ☐ Serve the sardines immediately with lemon wedges.
- ☐ ONE SERVING Calories 380 kcal, Total Fat 4 gm, Saturated Fat 6 gm
- ☐ Wine Recommendation: The assertive flavors of sardines and olives need a clean, pleasantly sharp white wine for contrast. Look for a Sauvignon Blanc-based French wine, such as the 1996 Comte Lafond Sancerre or the 1997 Michel Lynch Sauvignon Blanc from Bordeaux.

Nutrition Facts



Properties

Glycemic Index:23.88, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:25.339565637319%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 707.22kcal (35.36%), Fat: 41.93g (64.51%), Saturated Fat: 1.86g (11.6%), Carbohydrates: 30.02g (10.01%), Net Carbohydrates: 27.51g (10%), Sugar: 2.64g (2.94%), Cholesterol: 107.73mg (35.91%), Sodium: 797.55mg (34.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.25g (106.5%), Calcium: 878.99mg (87.9%), Vitamin B3: 16.91mg (84.55%), Phosphorus: 691.48mg (69.15%), Selenium: 38.74µg (55.34%), Vitamin B2: 0.9mg (53.06%), Manganese: 0.74mg (37.11%), Zinc: 5.13mg (34.22%), Vitamin B1: 0.51mg (33.98%), Iron: 4.09mg (22.74%), Potassium: 741.48mg (21.19%), Magnesium: 76.43mg (19.11%), Vitamin E: 1.79mg (11.95%), Folate: 44.13µg (11.03%), Vitamin A: 503.81IU (10.08%), Fiber: 2.51g (10.05%), Vitamin K: 7.16µg (6.82%), Copper: 0.13mg (6.38%), Vitamin B6: 0.06mg (2.82%), Vitamin B12: 0.14µg (2.36%), Vitamin B5: 0.23mg (2.3%)