



 **100%**
HEALTH SCORE

Grilled Anchovies (or Sardines) with Christmas Limas, Mint and Chili Oil

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



545 min.

SERVINGS



4

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon capers
- 4 tablespoons extra virgin olive oil plus
- 1.5 pounds anchovies fresh (or sardines)
- 1 head frisée lettuce dry washed and spun
- 1 cup christmas lima beans
- 1 bunch mint leaves
- 0.5 medium onion red thinly sliced

- 2 tablespoons pepper flakes hot
- 3 tablespoons red wine vinegar
- 2 serrano chilis red seeded roughly chopped

Equipment

- sauce pan
- mixing bowl
- blender
- grill

Directions

- Drain soaked beans, place in 4-quart saucepan with 8 cups water and bring to a boil. Lower heat to high simmer and cook until tender, yet slightly firm to the bite.
- Drain and cool.
- Place cool beans in a mixing bowl and add onion, mint and extra virgin olive oil. Season with salt and pepper, toss to coat and set aside.
- Place remaining half cup of oil into a blender and add chilis, pepper flakes and capers and blend until smooth.
- Remove to bottle with lid and set aside.
- Preheat grill.
- Clean and gut anchovies and place on hottest part of grill, and cook through, about 1 minute per side. Meanwhile, add vinegar to bean mixture and toss to mix.
- Add Frisee and stir to coat.
- Place on platter.
- Remove fish from grill, arrange around salad and serve.

Nutrition Facts

 **PROTEIN 37.6%**  **FAT 48.35%**  **CARBS 14.05%**

Properties

Glycemic Index:25.88, Glycemic Load:2.59, Inflammation Score:-10, Nutrition Score:36.932608811752%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg

Nutrients (% of daily need)

Calories: 426.04kcal (21.3%), Fat: 22.65g (34.85%), Saturated Fat: 4.21g (26.31%), Carbohydrates: 14.82g (4.94%), Net Carbohydrates: 8.72g (3.17%), Sugar: 2.86g (3.17%), Cholesterol: 102.06mg (34.02%), Sodium: 220.13mg (9.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.64g (79.28%), Vitamin K: 179.26µg (170.73%), Vitamin B3: 24.51mg (122.55%), Selenium: 64.49µg (92.13%), Vitamin A: 3458.11IU (69.16%), Iron: 7.48mg (41.56%), Phosphorus: 384.79mg (38.48%), Potassium: 1191.32mg (34.04%), Copper: 0.66mg (33.06%), Manganese: 0.66mg (32.93%), Vitamin C: 27.1mg (32.85%), Calcium: 322.52mg (32.25%), Vitamin B2: 0.53mg (31.4%), Folate: 122.75µg (30.69%), Vitamin E: 4.43mg (29.51%), Magnesium: 112.07mg (28.02%), Zinc: 3.68mg (24.51%), Fiber: 6.1g (24.41%), Vitamin B6: 0.45mg (22.46%), Vitamin B5: 1.99mg (19.92%), Vitamin B12: 1.05µg (17.58%), Vitamin B1: 0.22mg (14.49%)