Grilled Fresh Sardines

Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
45 min.	4	83 kcal

ANTIPASTI STARTER SNACK APPETIZER

Ingredients

- [ ] 1 teaspoon fennel seeds
- [ ] 1 teaspoon ground coriander
- [ ] 0.3 teaspoon kosher salt
- [ ] 1 tablespoon olive oil
- [ ] 3 ounce dressed sardines whole
- [ ] 1 shallots peeled chopped

Equipment

- [ ] food processor

- [ ] grill

Directions

- [ ] Combine the first 3 ingredients in a mini food processor, and process until pureed.
- [ ] Add olive oil and kosher salt to shallot mixture; pulse to combine.
- [ ] Place sardines in a shallow dish; rub inside and outside of fish evenly with shallot mixture. Cover and chill for 3 hours.
- [ ] Prepare charcoal fire in a chimney starter; let coals burn until flames die down.
- [ ] Pour hot coals out of starter; pile on one side of grill. Coat grate with cooking spray; put grate in place.
- [ ] Place sardines over direct heat; grill for 2 minutes on each side. Move fish over indirect heat, and grill for 5 minutes or until desired degree of doneness.

Nutrition Facts

PROTEIN **26.54%** FAT **65.84%** CARBS **7.62%**

Properties

Glycemic Index:7.5, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:5.436086912518%

Nutrients (% of daily need)

Calories: 82.88kcal (4.14%), Fat: 6.09g (9.37%), Saturated Fat: 0.82g (5.1%), Carbohydrates: 1.59g (0.53%), Net Carbohydrates: 0.98g (0.36%), Sugar: 0.49g (0.55%), Cholesterol: 30.19mg (10.06%), Sodium: 212.05mg (9.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.06%), Vitamin B12: 1.9µg (31.68%), Selenium: 11.41µg (16.3%), Phosphorus: 112.41mg (11.24%), Calcium: 93.18mg (9.32%), Vitamin D: 1.02µg (6.8%), Vitamin E: 0.94mg (6.27%), Vitamin B3: 1.17mg (5.84%), Iron: 0.89mg (4.95%), Manganese: 0.08mg (4.19%), Potassium: 120.16mg (3.43%), Magnesium: 13.18mg (3.3%), Vitamin B2: 0.05mg (3.1%), Vitamin B6: 0.06mg (2.97%), Copper: 0.06mg (2.77%), Vitamin K: 2.71µg (2.58%), Fiber: 0.61g (2.43%), Zinc: 0.35mg (2.31%), Vitamin B1: 0.02mg (1.6%), Vitamin B5: 0.15mg (1.55%), Folate: 4.25µg (1.06%)