



Grilled Fresh Sardines with Fennel and Preserved Lemon



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 2 medium fennel bulb halved lengthwise cut into 1/2-inch-wide wedges (sometimes labeled "anise";)
- ☐ 0.3 teaspoon fennel seeds crushed
- ☐ 0.3 cup optional: dill fresh coarsely chopped
- ☐ 24 ounces sardines fresh cleaned
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 4 teaspoons simple preserved lemons white finely chopped (zest and pith)

- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.5 onion red cut into 1/4-inch-thick slices (1/2 cup)
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon sea salt fine
- ☐ 0.5 cup water

Equipment

- ☐ frying pan
- ☐ grill
- ☐ spatula
- ☐ grill pan

Directions

- ☐ Heat oil in a 10-inch heavy skillet over moderate heat until hot but not smoking, then cook fennel, onion, preserved lemon rind, fennel seeds, salt, and pepper, stirring occasionally, 5 minutes.
- ☐ Add water and braise, covered, stirring occasionally, until fennel is very tender and slightly caramelized and water is evaporated, about 10 minutes. Keep warm, covered.
- ☐ Rinse sardines and pat dry, then spread out on a platter.
- ☐ Drizzle sardines with 1 tablespoon oil and sprinkle with sea salt, fennel seeds, and pepper.
- ☐ Heat grill pan over moderately high heat until hot. Oil grill pan and grill sardines, in 2 batches if necessary, turning over once, until just cooked through, 4 to 5 minutes total per batch.
- ☐ Transfer as cooked to a clean platter with a slotted spatula.
- ☐ Stir together lemon juice and remaining 2 tablespoons oil.
- ☐ Serve sardines on fennel mixture sprinkled with dill and drizzled with lemon dressing.
- ☐ Fennel can be braised 2 hours ahead and kept, uncovered, at room temperature. Reheat to warm before serving.

Nutrition Facts



 **PROTEIN 28.82%**  **FAT 61.2%**  **CARBS 9.98%**

Properties

Glycemic Index:19.83, Glycemic Load:1.69, Inflammation Score:-5, Nutrition Score:13.776086807251%

Flavonoids

Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg

Nutrients (% of daily need)

Calories: 275.13kcal (13.76%), Fat: 19.13g (29.43%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 7.02g (2.34%), Net Carbohydrates: 4.24g (1.54%), Sugar: 3.6g (4%), Cholesterol: 43.09mg (14.36%), Sodium: 431.32mg (18.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.27g (40.53%), Vitamin K: 53.3µg (50.76%), Calcium: 365.46mg (36.55%), Vitamin B3: 6.23mg (31.14%), Phosphorus: 293.46mg (29.35%), Vitamin B2: 0.33mg (19.45%), Potassium: 620.22mg (17.72%), Manganese: 0.35mg (17.66%), Selenium: 11.94µg (17.05%), Vitamin C: 12.92mg (15.66%), Zinc: 2.02mg (13.45%), Fiber: 2.83g (11.33%), Vitamin E: 1.47mg (9.77%), Magnesium: 38.99mg (9.75%), Vitamin A: 476.77IU (9.54%), Iron: 1.62mg (8.99%), Folate: 27.06µg (6.76%), Vitamin B1: 0.06mg (3.98%), Copper: 0.06mg (3.2%), Vitamin B6: 0.05mg (2.69%), Vitamin B5: 0.21mg (2.05%)