



 **69%**
HEALTH SCORE

Grilled Monterey Sardines

 Dairy Free  Very Healthy

READY IN



145 min.

SERVINGS



2

CALORIES



651 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup basil leaves chopped
- 0.3 teaspoon pepper black
- 3 tablespoon pepper red crushed
- 5 ounces sardines fresh
- 4 cloves garlic chopped
- 2 garlic cloves chopped
- 3 green onions chopped
- 1 ounce juice of lemon

- 0.3 cup olive oil
- 0.5 cup olive oil
- 0.3 cup parsley chopped
- 0.5 cup onions red chopped
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 2 tomatoes ripe chopped
- 0.3 cup water
- 1 serving angel hair pasta and/or antipasto salad

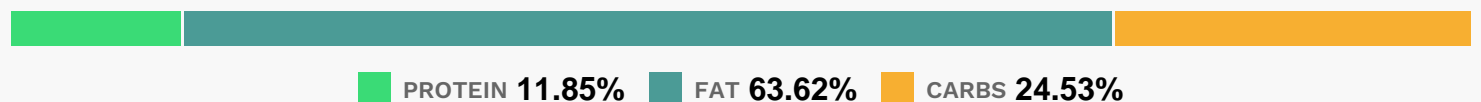
Equipment

- bowl
- whisk
- grill

Directions

- Whisk together all marinade ingredients and marinate the sardines for 2 hours
- Mix all the ingredients in a large bowl.
- Preheat grill to medium heat. Lightly oil the grill.
- Place the sardines on the preheated grill and discard marinade. Cook sardines for 5 to 7 minutes (depending on size) or until they flake easily with a fork.
- Serve with angel hair pasta, and/or antipasto salad, if desired.

Nutrition Facts



Properties

Glycemic Index:166.5, Glycemic Load:11.75, Inflammation Score:-10, Nutrition Score:32.414347814477%

Flavonoids

Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Apigenin: 21.62mg, Apigenin: 21.62mg, Apigenin: 21.62mg, Apigenin: 21.62mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 1.8mg, Myricetin: 1.8mg, Myricetin: 1.8mg, Myricetin: 1.8mg Quercetin: 10.99mg, Quercetin: 10.99mg, Quercetin: 10.99mg, Quercetin: 10.99mg

Nutrients (% of daily need)

Calories: 651.32kcal (32.57%), Fat: 47.88g (73.67%), Saturated Fat: 5.68g (35.49%), Carbohydrates: 41.54g (13.85%), Net Carbohydrates: 33.17g (12.06%), Sugar: 7.5g (8.34%), Cholesterol: 26.93mg (8.98%), Sodium: 1091.33mg (47.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.06g (40.13%), Vitamin K: 259.62µg (247.25%), Vitamin A: 5872.84IU (117.46%), Vitamin E: 10.95mg (73.01%), Vitamin C: 45.41mg (55.05%), Manganese: 1.01mg (50.51%), Selenium: 28.87µg (41.24%), Fiber: 8.37g (33.48%), Vitamin B3: 6.52mg (32.6%), Calcium: 317.85mg (31.78%), Phosphorus: 315.4mg (31.54%), Vitamin B6: 0.58mg (29.05%), Potassium: 977.86mg (27.94%), Iron: 4.74mg (26.34%), Vitamin B2: 0.39mg (22.76%), Magnesium: 78.89mg (19.72%), Copper: 0.37mg (18.5%), Zinc: 2.64mg (17.63%), Folate: 66.36µg (16.59%), Vitamin B1: 0.19mg (12.58%), Vitamin B5: 0.52mg (5.21%)