



Grilled Monterey Sardines with Lemon and Herbs



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon coarse kosher salt
- ☐ 3 tablespoons cilantro leaves fresh coarsely chopped
- ☐ 2 teaspoons lemon zest finely grated
- ☐ 6 servings lemon wedges (for garnish)
- ☐ 0.3 cup brine-cured olives green pitted coarsely chopped
- ☐ 6 servings olive oil (for brushing)
- ☐ 3 tablespoons parsley fresh italian coarsely chopped

- ☐ 3 tablespoons onion red finely chopped
- ☐ 18 sardines fresh dry cleaned

Equipment

- ☐ bowl
- ☐ grill
- ☐ glass baking pan

Directions

- ☐ Place sardines in 11 x 7 x 2-inch glass baking dish.
- ☐ Sprinkle fish with 1 teaspoon coarse salt. Cover and refrigerate 30 minutes.
- ☐ Meanwhile, prepare barbecue (medium-high heat).
- ☐ Combine cilantro, parsley, and lemon peel in small bowl.
- ☐ Mix olives and onion in another small bowl.
- ☐ Brush sardines lightly with oil.
- ☐ Sprinkle half of herb mixture over sardines; turn to coat. Grill sardines until just opaque in center, 1 to 2 minutes per side, depending on size.
- ☐ Arrange sardines on platter.
- ☐ Sprinkle with olive mixture, then remaining herb mixture.
- ☐ Sprinkle with freshly ground black pepper.
- ☐ Garnish with lemon wedges.
- ☐ Place two cans of drained oil-packed sardines (visible bones removed), 1/4 cup chopped red onion, 1/4 cup fresh parsley leaves, 1/4 cup fresh cilantro leaves, and pinch of salt in the processor; blend to combine.
- ☐ Add a couple tablespoons each of lemon juice and olive oil; process until smooth.
- ☐ Spread on toasted baguette slices.
- ☐ Sprinkle with grated lemon peel and chopped cilantro and drizzle with olive oil.

Nutrition Facts



 **PROTEIN 27.52%**  **FAT 71.43%**  **CARBS 1.05%**

Properties

Glycemic Index:19.42, Glycemic Load:0.14, Inflammation Score:-5, Nutrition Score:13.740434810519%

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: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 408.48kcal (20.42%), Fat: 32.81g (50.48%), Saturated Fat: 2.09g (13.06%), Carbohydrates: 1.09g (0.36%), Net Carbohydrates: 0.59g (0.21%), Sugar: 0.32g (0.36%), Cholesterol: 63.84mg (21.28%), Sodium: 506.33mg (22.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.44g (56.88%), Calcium: 479.88mg (47.99%), Vitamin B3: 8.46mg (42.28%), Vitamin K: 41.97µg (39.97%), Phosphorus: 372.85mg (37.28%), Vitamin B2: 0.44mg (25.98%), Selenium: 16.91µg (24.15%), Zinc: 2.73mg (18.17%), Vitamin E: 2.33mg (15.51%), Potassium: 411.64mg (11.76%), Manganese: 0.23mg (11.51%), Vitamin A: 464.1IU (9.28%), Magnesium: 36.17mg (9.04%), Iron: 1.44mg (8.02%), Vitamin C: 4.47mg (5.42%), Vitamin B1: 0.07mg (4.92%), Fiber: 0.5g (2.01%), Folate: 4.54µg (1.13%)