Grilled Sardines with Beluga Lentils

Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
45 min.	4	337 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- [ ] 1 bay leaf
- [ ] 2 tablespoons cardamom pods crushed
- [ ] 1.5 teaspoons cumin seeds
- [ ] 1.5 cups beluga lentils dried uncooked
- [ ] 4 garlic cloves minced
- [ ] 0.5 teaspoon ground pepper black
- [ ] 2 tablespoons juice of lemon fresh
- [ ] 1 tablespoon olive oil

- [ ] 4 cups gourmet salad greens
- [ ] 0.5 teaspoon salt divided
- [ ] 3 ounce sardines fresh whole cleaned
- [ ] 0.3 cup shallots finely chopped
- [ ] 3 tablespoons sherry vinegar
- [ ] 2 cups vegetable broth organic
- [ ] 3 cups water

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] sauce pan
- [ ] sieve
- [ ] grill

Directions

- [ ] Place cardamom and cumin in a large saucepan over medium heat; cook 5 minutes or until toasted, stirring occasionally.
- [ ] Add 3 cups water, broth, and bay leaf; bring to a boil. Reduce heat to low; simmer 40 minutes. Strain mixture through a sieve over a bowl, reserving liquid. Discard solids.
- [ ] Combine cooking liquid and lentils in pan; bring to a boil.
- [ ] Remove from heat; cover.
- [ ] Let stand 18 minutes or until lentils are just tender; drain.
- [ ] Heat olive oil in a large skillet over medium-high heat.
- [ ] Add shallots; saut 2 minutes or until tender.
- [ ] Add garlic; cook 1 minute, stirring constantly.
- [ ] Add lentils, 1/4 teaspoon salt, and pepper.
- [ ] Remove from heat; set aside.
- [ ] Prepare grill to medium-high heat.

- [ ] Arrange fish on grill rack coated with cooking spray; grill 4 minutes or until skin is crisp. Turn; grill 3 minutes or until desired degree of doneness.
- [ ] Remove from grill.
- [ ] Sprinkle with remaining 1/4 teaspoon salt; drizzle with juice.
- [ ] Combine greens and vinegar. Arrange 1 cup greens on each of 4 plates; top each with 1 cup lentils. Arrange 3 sardines on each plate.

Nutrition Facts

PROTEIN **27.14%** FAT **17.9%** CARBS **54.96%**

Properties

Glycemic Index:36.75, Glycemic Load:1.66, Inflammation Score:-6, Nutrition Score:12.371304439462%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 337.2kcal (16.86%), Fat: 6.79g (10.44%), Saturated Fat: 0.53g (3.32%), Carbohydrates: 46.88g (15.63%), Net Carbohydrates: 30.33g (11.03%), Sugar: 2.4g (2.67%), Cholesterol: 8.08mg (2.69%), Sodium: 789.64mg (34.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.15g (46.3%), Fiber: 16.55g (66.19%), Manganese: 1.09mg (54.28%), Iron: 7.33mg (40.72%), Vitamin C: 18.21mg (22.07%), Vitamin A: 754.07IU (15.08%), Calcium: 147.09mg (14.71%), Phosphorus: 86.84mg (8.68%), Vitamin B3: 1.41mg (7.06%), Potassium: 241.76mg (6.91%), Vitamin B6: 0.14mg (6.75%), Magnesium: 25.26mg (6.32%), Folate: 21.58µg (5.39%), Zinc: 0.81mg (5.39%), Vitamin B2: 0.09mg (5.36%), Copper: 0.09mg (4.72%), Selenium: 2.95µg (4.21%), Vitamin E: 0.55mg (3.67%), Vitamin B1: 0.05mg (3.21%), Vitamin K: 2.73µg (2.6%), Vitamin B5: 0.12mg (1.22%)