



Grilled Sardines with Cold Bean Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 30 oz .5 can cannellini beans drained canned
- ☐ 1 cup curly parsley leaves
- ☐ 1 teaspoon garlic minced
- ☐ 1 cup grape tomatoes halved
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 cup olive oil extra-virgin

☐ 8 sardines whole cleaned ()

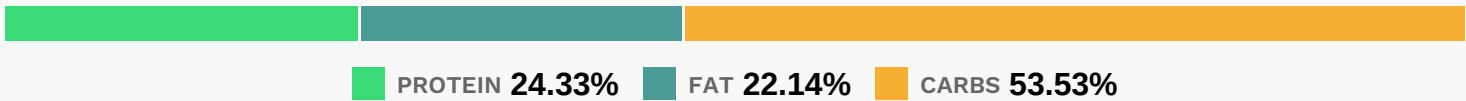
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ grill
- ☐ tongs

Directions

- ☐ Prepare a charcoal or gas grill for high heat (450 to 550; you can hold your hand 5 in. above cooking grate only 2 to 4 seconds). In a medium bowl, whisk together garlic, lemon juice, 1/2 cup oil, salt, and pepper.
- ☐ Pour 1/4 cup dressing over sardines in another medium bowl and let sit 10 minutes.
- ☐ Meanwhile, add beans, tomatoes, and parsley to remaining dressing and toss to coat.
- ☐ Using a wad of oiled paper towels and tongs, oil cooking grate. Starting with skin side down, cook sardines, turning once, until cooked through and dark grill marks appear, about 5 minutes.
- ☐ Divide bean salad among 4 plates. Top each with 2 sardine pieces.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:11.44, Inflammation Score:-9, Nutrition Score:29.899999950243%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 2.29mg, Myricetin: 2.29mg, Myricetin: 2.29mg, Myricetin: 2.29mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 357.25kcal (17.86%), Fat: 8.99g (13.84%), Saturated Fat: 1.31g (8.22%), Carbohydrates: 48.93g (16.31%), Net Carbohydrates: 37.66g (13.7%), Sugar: 2.12g (2.35%), Cholesterol: 34.08mg (11.36%), Sodium: 676.38mg (29.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.24g (44.48%), Vitamin K: 259.41µg (247.05%), Manganese: 1.24mg (61.76%), Iron: 8.17mg (45.41%), Fiber: 11.27g (45.09%), Folate: 172.11µg (43.03%), Vitamin C: 31.19mg (37.8%), Potassium: 1254.18mg (35.83%), Vitamin B12: 2.15µg (35.76%), Phosphorus: 331.49mg (33.15%), Magnesium: 130.94mg (32.73%), Vitamin A: 1602.16IU (32.04%), Copper: 0.59mg (29.54%), Calcium: 275.11mg (27.51%), Selenium: 16.2µg (23.14%), Vitamin E: 3.29mg (21.91%), Zinc: 2.94mg (19.6%), Vitamin B1: 0.26mg (17.03%), Vitamin B6: 0.26mg (12.99%), Vitamin B3: 1.94mg (9.69%), Vitamin B2: 0.16mg (9.32%), Vitamin D: 1.15µg (7.68%), Vitamin B5: 0.67mg (6.69%)