



Grilled Sardines with Mesclun and Grilled Lime Vinaigrette



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 sardines fresh
- ☐ 6 cups baby lettuce
- ☐ 4 servings grilled lime vinaigrette
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt

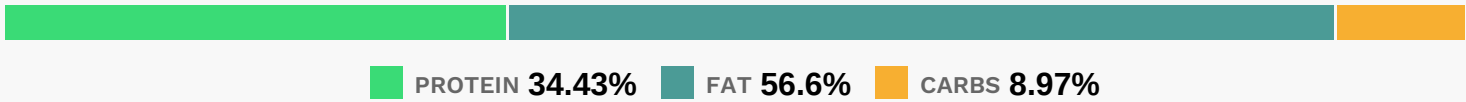
Equipment

☐ grill

Directions

- ☐ Brush sardines lightly with oil.
- ☐ Sprinkle with salt and pepper. Grill, without grill lid, over medium-high heat (350 to 40
- ☐ about 3 to 5 minutes on each side.
- ☐ Divide greens evenly among 4 plates. Top with sardines.
- ☐ Serve with Grilled Lime Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.2, Inflammation Score:-10, Nutrition Score:35.38956532271%

Flavonoids

Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 14.79mg, Quercetin: 14.79mg, Quercetin: 14.79mg, Quercetin: 14.79mg

Nutrients (% of daily need)

Calories: 478.48kcal (23.92%), Fat: 31.07g (47.81%), Saturated Fat: 1.04g (6.51%), Carbohydrates: 11.08g (3.69%), Net Carbohydrates: 6.21g (2.26%), Sugar: 2.89g (3.21%), Cholesterol: 85.12mg (28.37%), Sodium: 245.04mg (10.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.53g (85.07%), Vitamin A: 26619.88IU (532.4%), Vitamin K: 451.82µg (430.3%), Calcium: 758.53mg (75.85%), Vitamin B3: 12.55mg (62.74%), Manganese: 1.21mg (60.56%), Phosphorus: 597.37mg (59.74%), Vitamin B2: 0.87mg (51.07%), Vitamin C: 34.69mg (42.04%), Selenium: 24.57µg (35.1%), Potassium: 1214.23mg (34.69%), Folate: 135.46µg (33.86%), Zinc: 4.23mg (28.23%), Iron: 4.73mg (26.26%), Magnesium: 91.79mg (22.95%), Vitamin B1: 0.34mg (22.69%), Fiber: 4.87g (19.49%), Vitamin B6: 0.32mg (16.16%), Vitamin E: 1.81mg (12.04%), Copper: 0.11mg (5.55%), Vitamin B5: 0.49mg (4.94%)