



Piquillo Pepper and Sardine Tartines

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12.3 inch crusty baguette
- ☐ 1.5 tablespoons capers drained ()
- ☐ 1 garlic clove peeled halved
- ☐ 12 servings juice of lemon fresh for garnish
- ☐ 12 servings olive oil extra virgin extra-virgin
- ☐ 1 slices onion very thin
- ☐ 12 strips roasted peppers red thick drained
- ☐ 1 sardines wild-caught boneless skinless packed in olive oil, drained well canned (preferably)

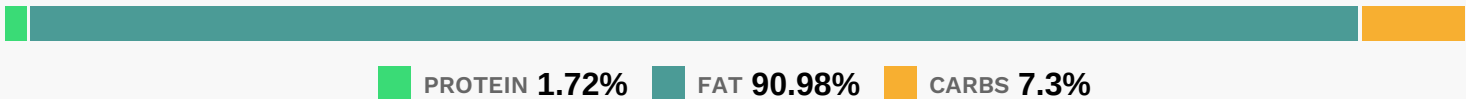
Equipment

- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Brush both sides of each bread slice lightly with olive oil. Arrange bread slices on small baking sheet. Broil until beginning to color, about 1 minute per side. Rub 1 side of each bread slice with outside of garlic and cool.
- ☐ Place bread slices, garlic side up, on serving platter. Divide sardines among bread slices.
- ☐ Spread out sardines in thin layer.
- ☐ Sprinkle a few drops of sriracha sauce over each, if desired, then a few drops of lemon juice. Top each tartine with onion slices, several capers, then strip of drained piquillo pepper.
- ☐ Garnish platter with lemon wedges and serve.
- ☐ With the tartines, pour a refreshing Albariño, a white wine from
- ☐ Spain. We like the Carballal 2008 "Sete
- ☐ Cepas" from Rías Baixas (\$15). The wine's mineral notes are balanced beautifully by stone-fruit flavors.
- ☐ Per serving: 126.2 kcal calories, 47.9 % calories from fat, 6.7 g fat, 0.9 g saturated fat,
- ☐ 8 mg cholesterol,
- ☐ 9 g carbohydrates,
- ☐ 9 g total sugars ,
- ☐ 3 g net carbohydrates, 5.2 protein
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:10.73, Glycemic Load:0.91, Inflammation Score:-1, Nutrition Score:2.053913038062%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 137.15kcal (6.86%), Fat: 14.24g (21.9%), Saturated Fat: 1.97g (12.32%), Carbohydrates: 2.57g (0.86%), Net Carbohydrates: 2.4g (0.87%), Sugar: 0.56g (0.62%), Cholesterol: 1.42mg (0.47%), Sodium: 61.1mg (2.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.21%), Vitamin E: 2.08mg (13.84%), Vitamin K: 8.79µg (8.37%), Vitamin C: 6.48mg (7.85%), Folate: 6.51µg (1.63%), Selenium: 1.05µg (1.5%), Vitamin B12: 0.09µg (1.49%), Vitamin B1: 0.02mg (1.4%), Iron: 0.24mg (1.34%), Manganese: 0.02mg (1.15%)