



HEALTH SCORE

62%

Portuguese Sardine and Potato Salad with Arugula



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



495 kcal

SIDE DISH

Ingredients

- ☐ 5 ounces baby arugula
- ☐ 4 servings pepper black freshly ground
- ☐ 1.5 pounds fingerling potatoes halved lengthwise
- ☐ 1 large garlic clove minced
- ☐ 1 teaspoon kosher salt divided
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 8 lemon wedges

- ☐ 5 tablespoons olive oil extra-virgin divided
- ☐ 1 pound sardines fresh whole
- ☐ 2 tablespoons shallots minced
- ☐ 0.3 teaspoon paprika smoked

Equipment

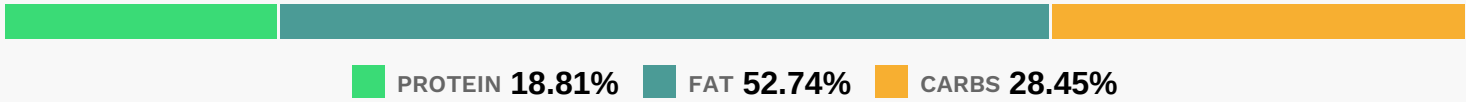
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 40
- ☐ Combine potatoes, 1 tablespoon oil, and 3/8 teaspoon salt on a baking sheet coated with cooking spray; toss well to coat.
- ☐ Bake at 400 for 15 minutes. Stir potatoes; bake an additional 10 minutes or until golden brown and tender.
- ☐ Combine 2 tablespoons oil, juice, shallots, paprika, garlic, and 1/4 teaspoon salt in a large bowl, stirring with a whisk.
- ☐ Add hot potatoes to bowl; toss to coat.
- ☐ Heat a large nonstick skillet over medium-high heat. Pat sardines dry with paper towels; sprinkle with remaining 3/8 teaspoon salt.
- ☐ Add remaining 2 tablespoons oil to pan; swirl to coat.
- ☐ Add sardines to pan; cook 3 minutes on each side or until crisp and done.
- ☐ Arrange about 1 1/2 cups arugula on each of 4 plates.
- ☐ Remove potatoes from dressing with a slotted spoon; arrange about 3/4 cup potatoes on each serving.

- ☐ Drizzle remaining dressing over salads; top each with 2 sardines.
- ☐ Serve with lemon wedges; sprinkle with pepper.

Nutrition Facts



Properties

Glycemic Index:62.06, Glycemic Load:22.87, Inflammation Score:-8, Nutrition Score:23.713043440943%

Flavonoids

Eriodictyol: 8.24mg, Eriodictyol: 8.24mg, Eriodictyol: 8.24mg, Eriodictyol: 8.24mg Hesperetin: 11.67mg, Hesperetin: 11.67mg, Hesperetin: 11.67mg, Hesperetin: 11.67mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg Kaempferol: 13.74mg, Kaempferol: 13.74mg, Kaempferol: 13.74mg, Kaempferol: 13.74mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

Nutrients (% of daily need)

Calories: 495.34kcal (24.77%), Fat: 29.96g (46.09%), Saturated Fat: 2.51g (15.71%), Carbohydrates: 36.36g (12.12%), Net Carbohydrates: 30.76g (11.19%), Sugar: 3.65g (4.06%), Cholesterol: 43.09mg (14.36%), Sodium: 603.16mg (26.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.04g (48.07%), Vitamin C: 62.89mg (76.23%), Vitamin K: 52.71µg (50.2%), Calcium: 409.13mg (40.91%), Vitamin B3: 7.65mg (38.23%), Phosphorus: 376.22mg (37.62%), Potassium: 1193.14mg (34.09%), Vitamin B6: 0.59mg (29.56%), Manganese: 0.58mg (28.85%), Vitamin B2: 0.39mg (23.07%), Fiber: 5.6g (22.38%), Vitamin A: 1085.39IU (21.71%), Magnesium: 83.66mg (20.91%), Vitamin E: 2.8mg (18.67%), Selenium: 12.29µg (17.56%), Folate: 69.6µg (17.4%), Iron: 3.07mg (17.08%), Zinc: 2.54mg (16.92%), Vitamin B1: 0.22mg (14.61%), Copper: 0.24mg (11.75%), Vitamin B5: 0.76mg (7.65%)