

food
network



HEALTH SCORE

93%

Potato Peperonata with Grilled Sardines



Gluten Free



Dairy Free



Very Healthy

READY IN



90 min.

SERVINGS



4

CALORIES



665 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 56 ounce tomatoes whole crushed peeled canned
- ☐ 0.5 medium carrots shredded finely
- ☐ 0.3 cup olive oil extra virgin
- ☐ 8 sardines dried fresh washed
- ☐ 3 sprigs thyme leaves fresh
- ☐ 3 tablespoons thyme leaves dried fresh chopped
- ☐ 2 cloves garlic thinly sliced
- ☐ 4 garlic cloves peeled thinly sliced

- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 1 onion spanish chopped
- ☐ 1 large onion red cut into 1/2-inch slices
- ☐ 1 teaspoon pepper flakes red
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper
- ☐ 1 tablespoon sugar
- ☐ 2 medium golden waxy potatoes cut into 1/2-inch dice and placed into cool water
- ☐ 6 large bell peppers green red yellow seeds removed, and cut into 1/2-inch slices halved 2 , 2 , 2

Equipment

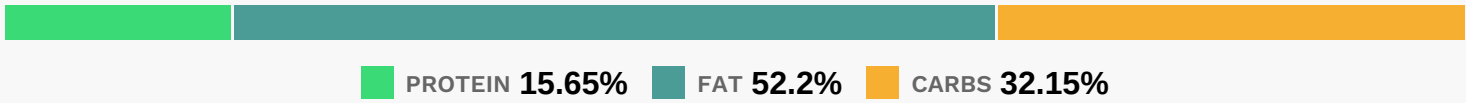
- ☐ frying pan
- ☐ sauce pan
- ☐ grill
- ☐ broiler

Directions

- ☐ Preheat the grill or broiler.
- ☐ In a 12 to 14-inch saute pan, heat the olive oil over medium heat and add the onion and garlic. Cook until soft and translucent, about 5 minutes.
- ☐ Add the peppers and potatoes and cook 5 minutes, until softened.
- ☐ Add the pepper flakes, sugar, thyme, and tomato sauce, bring to a boil, lower heat and simmer 15 minutes. Season, to taste.
- ☐ Place the peperonata on a platter.
- ☐ Grill or broil the sardines until they are crisp and the skin is slightly charred (about 2 minutes per side). While grilling the fish, divide the peperonata evenly among 4 dishes. Arrange 2 sardines atop the peperonata on each plate and serve.
- ☐ In a 3-quart saucepan, heat the olive oil over medium heat.
- ☐ Add the onion and garlic, and cook until soft and light golden brown, about 8 to 10 minutes.
- ☐ Add the thyme and carrot, and cook 5 minutes more, until the carrot is quite soft.

Add the tomatoes and juice and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes until as thick as hot cereal. Season with salt and serve. This sauce holds 1 week in the refrigerator or up to 6 months in the freezer.

Nutrition Facts



Properties

Glycemic Index:82.73, Glycemic Load:4.89, Inflammation Score:-10, Nutrition Score:39.617825922759%

Flavonoids

Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 14.43mg, Luteolin: 14.43mg, Luteolin: 14.43mg, Luteolin: 14.43mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 19.37mg, Quercetin: 19.37mg, Quercetin: 19.37mg, Quercetin: 19.37mg

Nutrients (% of daily need)

Calories: 665.49kcal (33.27%), Fat: 40.62g (62.49%), Saturated Fat: 4.12g (25.73%), Carbohydrates: 56.28g (18.76%), Net Carbohydrates: 44.07g (16.02%), Sugar: 22.49g (24.99%), Cholesterol: 42.56mg (14.19%), Sodium: 999.23mg (43.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.4g (54.81%), Vitamin C: 259.39mg (314.41%), Vitamin B6: 1.34mg (66.82%), Vitamin A: 3258.67IU (65.17%), Potassium: 2088.28mg (59.67%), Manganese: 1.17mg (58.57%), Vitamin B3: 11.17mg (55.84%), Vitamin E: 7.84mg (52.24%), Calcium: 521.69mg (52.17%), Fiber: 12.22g (48.87%), Vitamin K: 51.19µg (48.75%), Phosphorus: 469.34mg (46.93%), Iron: 7.75mg (43.08%), Vitamin B2: 0.67mg (39.36%), Magnesium: 131.98mg (33%), Vitamin B1: 0.49mg (32.89%), Copper: 0.66mg (32.8%), Folate: 90.4µg (22.6%), Zinc: 3.31mg (22.1%), Selenium: 13.17µg (18.82%), Vitamin B5: 1.15mg (11.53%)