



 **71%**
HEALTH SCORE

Sardine and Potato Salad with Romesco Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



332 kcal

SIDE DISH

Ingredients

- 0.3 cup blanched almonds and
- 1 pinch cayenne
- 0.3 cup parsley fresh chopped
- 1 clove garlic
- 0.3 teaspoon fresh-ground pepper black
- 2 tablespoons olive oil
- 1 teaspoon paprika
- 0.5 pound plum tomatoes halved lengthwise

- 1.5 pounds potatoes boiling peeled halved lengthwise
- 2 bell peppers paper-thin red cut into strips
- 1 teaspoon salt
- 4 ounces sardines boneless skinless drained canned
- 1.5 teaspoons white-wine vinegar

Equipment

- food processor
- bowl
- baking sheet
- pot
- blender
- aluminum foil
- broiler

Directions

- Put the potatoes in a medium pot of salted water. Bring to a boil. Boil until the potato slices are barely tender, about 5 minutes.
- Drain the potatoes thoroughly.
- Meanwhile, heat the broiler. Stand the whole bell pepper upright and cut the flesh from each of the sides, leaving the stem, seeds, and core behind.
- Put the pepper and the plum-tomato halves on an aluminum-foil-lined baking sheet, cut-side down. Broil until charred, about 5 minutes. Peel off and discard the blackened skin.
- Put the roasted pepper and tomatoes in a food processor or blender.
- Add the almonds, garlic, paprika, cayenne, vinegar, oil, 3/4 teaspoon of the salt, and the black pepper. Puree until almost smooth.
- In a large glass or stainless-steel bowl, toss the sardines with the potatoes, the bell-pepper strips, and the remaining 1/4 teaspoon salt. Toss the salad with 1 cup of the romesco sauce and sprinkle the parsley over the top. Pass the remaining romesco sauce at the table.

Wine Recommendation: Many California winemakers are dedicated to producing wines from grapes associated with France's Rhne Valley. Look for a rich, honeyed, full-bodied marsanne from one of these "Rhne Rangers" to partner this salad.

Nutrition Facts

PROTEIN 15.98% **FAT 42.63%** **CARBS 41.39%**

Properties

Glycemic Index:52.75, Glycemic Load:1.48, Inflammation Score:-10, Nutrition Score:30.478695827982%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 332.13kcal (16.61%), Fat: 16.35g (25.15%), Saturated Fat: 1.94g (12.14%), Carbohydrates: 35.72g (11.91%), Net Carbohydrates: 29.47g (10.72%), Sugar: 6.77g (7.52%), Cholesterol: 40.26mg (13.42%), Sodium: 709.8mg (30.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.79g (27.58%), Vitamin C: 105.47mg (127.85%), Vitamin K: 99.92µg (95.16%), Vitamin A: 3057.13IU (61.14%), Vitamin B12: 2.53µg (42.24%), Vitamin E: 5.52mg (36.77%), Potassium: 1260.25mg (36.01%), Phosphorus: 327.89mg (32.79%), Manganese: 0.64mg (32.01%), Vitamin B6: 0.59mg (29.62%), Fiber: 6.25g (24.99%), Vitamin B3: 4.85mg (24.24%), Magnesium: 93.69mg (23.42%), Selenium: 16.34µg (23.34%), Copper: 0.45mg (22.34%), Folate: 82.35µg (20.59%), Iron: 3.32mg (18.42%), Calcium: 170.26mg (17.03%), Vitamin B1: 0.24mg (16.08%), Vitamin B2: 0.26mg (15.58%), Zinc: 1.58mg (10.5%), Vitamin B5: 0.97mg (9.67%), Vitamin D: 1.36µg (9.07%)