

Sardine Rillettes

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 7.5 ounce sardines packed in olive oil, drained canned
- ☐ 2.5 ounces cream cheese
- ☐ 0.3 cup shallots red minced for 3 minutes (or onions that have soaked in lemon juice)
- ☐ 1 scallions light halved lengthwise thinly sliced lengthwise (green onions) (3 inches from root)
- ☐ 0.3 cup juice of lemon to taste
- ☐ 2 Tbsp herbs such as chives fresh minced
- ☐ 1 pinch cayenne
- ☐ 6 servings salt and pepper black freshly ground to taste

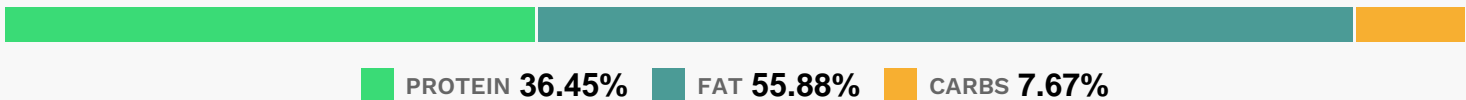
Equipment

- ☐ bowl
- ☐ knife
- ☐ plastic wrap
- ☐ spatula

Directions

- ☐ Prep the sardines:
- ☐ Remove the sardines from the cans. Using a small, sharp knife, carefully open each one down the belly and back, folding them open to expose the backbone.
- ☐ Remove and discard the bones.
- ☐ Cut away and discard any tails. Set aside.
- ☐ Mix the cream cheese, shallot, scallion, herb mixture:
- ☐ Place the cream cheese or Neufchâtel in a medium bowl. Fold and stir with a rubber spatula until smooth.
- ☐ Add the shallots, scallions, fresh herbs, and most of the lime or lemon juice, mixing into the cheese with the spatula.
- ☐ Add the now boneless sardines to the cheese mixture. Use a fork to smash the sardines and stir into the cheese.
- ☐ Add cayenne, salt, and pepper to taste.
- ☐ Add more lime or lemon juice to taste.
- ☐ Either serve immediately (Dorie suggests chilling at least 2 hours, but I haven't found that necessary), or chill. Can make up to two days ahead if you carefully cover with plastic wrap so there is no exposure to air, and chill.
- ☐ Serve on crackers, bread, celery sticks, or as a stuffing for cherry tomatoes.

Nutrition Facts



Properties

Glycemic Index:32.17, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:9.5717391423557%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 109.49kcal (5.47%), Fat: 6.8g (10.47%), Saturated Fat: 2.06g (12.9%), Carbohydrates: 2.1g (0.7%), Net Carbohydrates: 1.93g (0.7%), Sugar: 0.94g (1.05%), Cholesterol: 59.06mg (19.69%), Sodium: 148.88mg (6.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.98g (19.97%), Vitamin B12: 3.2µg (53.39%), Selenium: 19.07µg (27.25%), Phosphorus: 193.69mg (19.37%), Calcium: 156.03mg (15.6%), Vitamin K: 14.15µg (13.48%), Vitamin D: 1.7µg (11.34%), Vitamin C: 8.64mg (10.47%), Vitamin B3: 1.93mg (9.66%), Iron: 1.17mg (6.52%), Vitamin B2: 0.11mg (6.2%), Vitamin E: 0.83mg (5.56%), Vitamin A: 277.03IU (5.54%), Potassium: 192.96mg (5.51%), Magnesium: 18.16mg (4.54%), Copper: 0.08mg (4.17%), Manganese: 0.08mg (4.12%), Zinc: 0.6mg (3.98%), Vitamin B6: 0.08mg (3.93%), Vitamin B5: 0.33mg (3.29%), Folate: 12.01µg (3%), Vitamin B1: 0.04mg (2.52%)