



Sardine Sandwich with Horseradish Cream & Pickled Red Onion

 Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon peppercorns black
- ☐ 2 slice pumpernickle bread toasted
- ☐ 4 ounce sardines canned packed in oil, drained plus 2 tsp reserved oil
- ☐ 1 tablespoon horseradish prepared
- ☐ 1 pinch kosher salt and pepper black
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 2 leaves lettuce red

- ☐ 2 tablespoon mayonnaise
- ☐ 0.3 cup rice-wine vinegar
- ☐ 1 teaspoon sugar

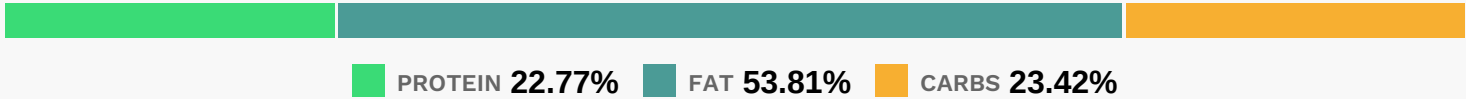
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring vinegar, sugar, and peppercorns to a boil in a small saucepan.
- ☐ Add onions and remove from heat; let sit for 30 minutes, then chill. In a small bowl, whisk together mayonnaise, horseradish, and lemon juice; spread mixture over each slice of bread, and top each with 1 lettuce leaf. Divide sardines evenly between sandwiches, and top with pepper and pickled onions.
- ☐ Drizzle with reserved oil, and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:163.88, Glycemic Load:9.12, Inflammation Score:-3, Nutrition Score:18.76478266716%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 313.81kcal (15.69%), Fat: 18.35g (28.23%), Saturated Fat: 2.74g (17.12%), Carbohydrates: 17.96g (5.99%), Net Carbohydrates: 15.94g (5.8%), Sugar: 4.5g (4.99%), Cholesterol: 86.39mg (28.8%), Sodium: 448.2mg (19.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.47g (34.94%), Vitamin B12: 5.09µg (84.76%), Selenium:

38.76µg (55.38%), Manganese: 0.71mg (35.69%), Phosphorus: 325.66mg (32.57%), Vitamin K: 31.29µg (29.8%), Calcium: 270.12mg (27.01%), Vitamin B3: 4.6mg (23.01%), Vitamin D: 2.75µg (18.33%), Iron: 2.98mg (16.57%), Vitamin B2: 0.21mg (12.37%), Vitamin E: 1.71mg (11.39%), Vitamin B1: 0.17mg (11.23%), Magnesium: 40.47mg (10.12%), Potassium: 328.31mg (9.38%), Copper: 0.19mg (9.37%), Folate: 37.39µg (9.35%), Fiber: 2.02g (8.1%), Zinc: 1.16mg (7.73%), Vitamin B6: 0.14mg (7.13%), Vitamin B5: 0.66mg (6.64%), Vitamin C: 2.63mg (3.19%), Vitamin A: 123.31IU (2.47%)