



Sardines in a Fennel-Spiked Tomato Sauce: Sardegna alla Marinara

 Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon bread crumbs
- ☐ 2 cups tomatoes canned coarsely chopped
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 tablespoon fennel seeds crushed
- ☐ 1.5 pounds sardines fresh cleaned
- ☐ 3 tablespoons olive oil extra-virgin plus more for pan
- ☐ 1 onion thinly sliced

☐ 6 servings salt and pepper

Equipment

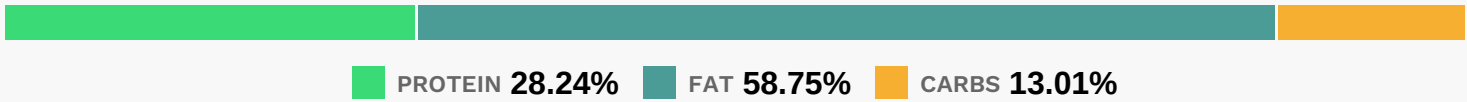
☐ sauce pan

☐ oven

Directions

- ☐ Preheat the oven to 425 degrees F.
- ☐ In a saucepan over medium-low heat, gently saute the onion in 3 tablespoons of oil until soft and golden but not beginning to brown.
- ☐ Add the chopped tomatoes and cook, stirring occasionally, for about 10 minutes, or until most of the juice has evaporated and the tomatoes have reduced to a thick jam. Stir in about half of the fennel seeds and add salt and pepper, to taste.
- ☐ Use a little more oil to grease an oven dish large enough to hold the sardines in 1 layer.
- ☐ Add all but 1/3 cup tomato sauce and spread it over the bottom of the dish.
- ☐ Arrange the fish on top of the tomato sauce in 1 layer.
- ☐ Sprinkle a little salt, the bread crumbs, and the remaining fennel seeds on top of the fish.
- ☐ Drizzle on the wine, then dot with the remaining tomato sauce.
- ☐ Bake in the oven for about 20 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.33, Glycemic Load:2.08, Inflammation Score:-5, Nutrition Score:12.788261054975%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 298.56kcal (14.93%), Fat: 19.39g (29.83%), Saturated Fat: 1.03g (6.44%), Carbohydrates: 9.66g (3.22%), Net Carbohydrates: 7.34g (2.67%), Sugar: 4.56g (5.06%), Cholesterol: 43.09mg (14.36%), Sodium: 314.89mg (13.69%), Alcohol: 1.37g (100%), Alcohol %: 0.74% (100%), Protein: 20.97g (41.93%), Calcium: 365.56mg (36.56%), Vitamin B3: 6.86mg (34.31%), Phosphorus: 290.63mg (29.06%), Vitamin B2: 0.35mg (20.82%), Manganese: 0.42mg (20.77%), Selenium: 12.35µg (17.64%), Potassium: 553.72mg (15.82%), Zinc: 2.14mg (14.27%), Vitamin E: 2.02mg (13.48%), Iron: 2.22mg (12.35%), Magnesium: 46.55mg (11.64%), Vitamin C: 8.99mg (10.89%), Fiber: 2.32g (9.27%), Vitamin B1: 0.14mg (9.01%), Copper: 0.17mg (8.52%), Vitamin K: 8.73µg (8.31%), Vitamin B6: 0.16mg (7.82%), Vitamin A: 345.25IU (6.9%), Folate: 15.89µg (3.97%), Vitamin B5: 0.26mg (2.62%)