



Sardines & watercress on toast

 Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

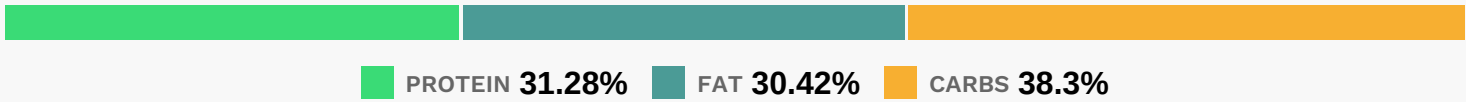
- ☐ 1 slice bread
- ☐ 1 clove garlic halved
- ☐ 1 serving vine ripened tomato thinly sliced
- ☐ 60 g sardines
- ☐ 1 handful watercress wild organic
- ☐ 1 tablespoon balsamic vinegar

Equipment

Directions

- ☐ Lightly toast the bread. Rub the cut side of the garlic over the surface of the toast and arrange the tomato slices on top.
- ☐ Add seasoning if you want to. Break up the sardines with a fork and arrange on top. Pile on the watercress and drizzle with balsamic vinegar.

Nutrition Facts



Properties

Glycemic Index:208.67, Glycemic Load:10.63, Inflammation Score:-8, Nutrition Score:24.033913239189%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 252.58kcal (12.63%), Fat: 8.48g (13.05%), Saturated Fat: 1.17g (7.29%), Carbohydrates: 24.03g (8.01%), Net Carbohydrates: 20.68g (7.52%), Sugar: 8.76g (9.74%), Cholesterol: 85.2mg (28.4%), Sodium: 330.24mg (14.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.63g (39.26%), Vitamin B12: 5.36µg (89.4%), Selenium: 40.12µg (57.31%), Phosphorus: 381.55mg (38.15%), Manganese: 0.68mg (33.87%), Vitamin A: 1596.94IU (31.94%), Vitamin C: 26.08mg (31.61%), Calcium: 293.15mg (29.32%), Vitamin B3: 5.8mg (29.01%), Potassium: 737.53mg (21.07%), Vitamin D: 2.88µg (19.2%), Iron: 3.41mg (18.97%), Vitamin K: 19.7µg (18.76%), Vitamin B1: 0.24mg (15.77%), Vitamin B6: 0.31mg (15.69%), Vitamin E: 2.26mg (15.08%), Vitamin B2: 0.25mg (14.44%), Magnesium: 57.56mg (14.39%), Folate: 56.98µg (14.24%), Copper: 0.27mg (13.66%), Fiber: 3.35g (13.39%), Zinc: 1.43mg (9.55%), Vitamin B5: 0.8mg (7.96%)