



## Sardines with chickpeas, lemon & parsley

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



224 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 50 g flour plain
- ☐ 10 large sardines cleaned (8 if large)
- ☐ 2 lemon zest
- ☐ 1 large bunch flat parsley roughly chopped
- ☐ 3 garlic clove finely chopped
- ☐ 3 tbsp olive oil
- ☐ 125 ml wine
- ☐ 400 g garbanzo beans drained and rinsed canned

☐ 250 g cherry tomatoes halved

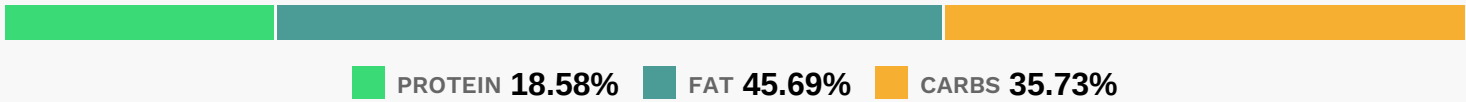
## Equipment

- ☐ frying pan
- ☐ baking pan
- ☐ wooden spoon

## Directions

- ☐ Season the flour and scatter over a large plate. Dip the sardines in the flour, one at a time.
- ☐ Mix together the lemon zest, parsley and half of the chopped garlic and set aside.
- ☐ Put a very large pan (a paella pan is ideal or a large sturdy baking tray with a lip) on top of the barbecue and heat until very hot.
- ☐ Add the oil, heat for a few seconds, then lay the floured sardines in the oil in one layer. Fry for 3 mins until the underside is golden, then turn over and fry for another 3 mins. Lift out of the pan and onto a plate.
- ☐ Fry the remaining garlic (add another splash of oil if you need to) for 1 min until softened.
- ☐ Pour in the white wine, scrape any bits off the bottom of the pan with a wooden spoon and boil for 1 min or until reduced by half.
- ☐ Tip in the chickpeas or butter beans and tomatoes, then stir until heated through. Season with plenty of pepper and salt to taste, then nestle the fish back into the pan. Take off the heat, sprinkle with the parsley mix and serve with plenty of crusty bread to mop up the juices.

## Nutrition Facts



## Properties

Glycemic Index:32.06, Glycemic Load:7.36, Inflammation Score:-8, Nutrition Score:18.35608695901%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg,

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 223.9kcal (11.2%), Fat: 10.8g (16.61%), Saturated Fat: 1.44g (9.01%), Carbohydrates: 18.99g (6.33%), Net Carbohydrates: 14.98g (5.45%), Sugar: 1.44g (1.6%), Cholesterol: 28.4mg (9.47%), Sodium: 258.38mg (11.23%), Alcohol: 2.18g (100%), Alcohol %: 1.55% (100%), Protein: 9.88g (19.76%), Vitamin K: 161.84µg (154.13%), Manganese: 0.73mg (36.63%), Vitamin C: 25.25mg (30.61%), Vitamin B12: 1.79µg (29.8%), Selenium: 15.16µg (21.66%), Vitamin B6: 0.43mg (21.32%), Vitamin A: 1036.77IU (20.74%), Phosphorus: 183.85mg (18.38%), Fiber: 4.01g (16.03%), Iron: 2.8mg (15.56%), Folate: 54.29µg (13.57%), Calcium: 126.04mg (12.6%), Vitamin E: 1.73mg (11.55%), Copper: 0.2mg (10.19%), Vitamin B3: 2.01mg (10.07%), Potassium: 352.07mg (10.06%), Magnesium: 38.92mg (9.73%), Vitamin B1: 0.13mg (8.75%), Vitamin B2: 0.12mg (7.14%), Zinc: 0.99mg (6.59%), Vitamin D: 0.96µg (6.4%), Vitamin B5: 0.48mg (4.81%)