



Sardines with crisp paprika crumbs

 Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



159 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 sardines
- ☐ 1 tbsp olive oil
- ☐ 2 garlic clove crushed
- ☐ 1 slice bread thick
- ☐ 1 tsp paprika
- ☐ 1 handful parsley chopped
- ☐ 2 servings lime wedges

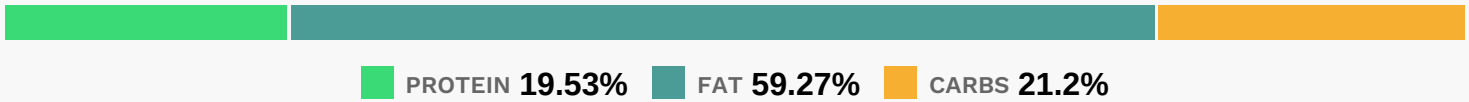
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Heat grill or light the barbecue. Season the sardines inside and out, then grill or barbecue for 5 mins until cooked through.
- ☐ Meanwhile, heat the oil in a frying pan. Fry the garlic for 1 min, add the crumbs and paprika, then fry over a fairly high heat, stirring until the crumbs are crisp. Stir in the chopped parsley.
- ☐ Serve the sardines scattered with the crumbs and lemon or lime wedges. Great with a fresh salad, or Italian spinach.

Nutrition Facts



Properties

Glycemic Index:83.83, Glycemic Load:3.93, Inflammation Score:-6, Nutrition Score:10.70217381353%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 158.89kcal (7.94%), Fat: 10.55g (16.23%), Saturated Fat: 1.46g (9.13%), Carbohydrates: 8.5g (2.83%), Net Carbohydrates: 7.38g (2.68%), Sugar: 0.99g (1.09%), Cholesterol: 34.08mg (11.36%), Sodium: 142.47mg (6.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.82g (15.64%), Vitamin K: 39.3µg (37.43%), Vitamin B12: 2.15µg (35.76%), Selenium: 17.18µg (24.55%), Vitamin A: 761.87IU (15.24%), Phosphorus: 145.2mg (14.52%), Manganese: 0.26mg (13.23%), Vitamin E: 1.88mg (12.52%), Calcium: 120.4mg (12.04%), Vitamin B3: 2.21mg (11.03%), Iron: 1.67mg (9.27%), Vitamin D: 1.15µg (7.68%), Vitamin B2: 0.11mg (6.43%), Vitamin B6: 0.12mg (5.98%), Vitamin B1: 0.09mg (5.9%), Vitamin C: 3.93mg (4.76%), Magnesium: 18.96mg (4.74%), Potassium: 165.44mg (4.73%), Folate: 18.07µg (4.52%), Fiber: 1.12g (4.47%), Copper: 0.09mg (4.31%), Zinc: 0.57mg (3.78%), Vitamin B5: 0.33mg (3.26%)