



Sardines with Sicilian fennel salad



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



542 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lemon zest
- ☐ 1 bunch parsley whole finely chopped
- ☐ 1 small garlic clove finely chopped
- ☐ 1 fennel bulb with fronds
- ☐ 50 g pinenuts toasted
- ☐ 50 g raisins
- ☐ 1 handful olive green chopped
- ☐ 3 tbsp olive oil

☐ 4 large sardines

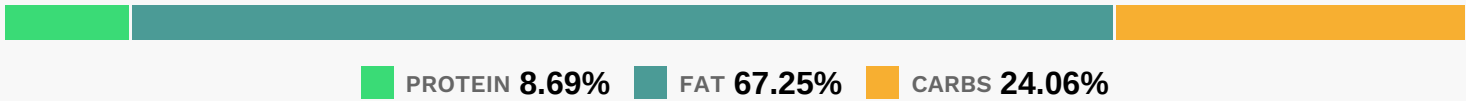
Equipment

☐ frying pan

Directions

- ☐ Mix the lemon zest, chopped parsley and garlic together, then set aside. Pick the fronds from the fennel and set aside. Halve the fennel bulb and finely slice. Make the salad by mixing the sliced fennel and fronds with the pine nuts, raisins, olives, and whole parsley leaves. Dress with the olive oil and lemon juice.
- ☐ Heat the griddle pan or barbecue. Season the fish with rock salt (this stops them sticking). Griddle for 2–3 mins on each side until the eyes turn white.
- ☐ Sprinkle the fish with the parsley mix and lift onto plates.
- ☐ Drizzle with oil and serve with the salad.

Nutrition Facts



Properties

Glycemic Index:82.9, Glycemic Load:13.16, Inflammation Score:-10, Nutrition Score:32.344347725744%

Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Apigenin: 61.42mg, Apigenin: 61.42mg, Apigenin: 61.42mg, Apigenin: 61.42mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 4.25mg, Myricetin: 4.25mg, Myricetin: 4.25mg, Myricetin: 4.25mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 542.48kcal (27.12%), Fat: 42.98g (66.12%), Saturated Fat: 4.88g (30.52%), Carbohydrates: 34.6g (11.53%), Net Carbohydrates: 26.73g (9.72%), Sugar: 5.93g (6.59%), Cholesterol: 34.08mg (11.36%), Sodium: 314.83mg (13.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.5g (25%), Vitamin K: 567.78µg (540.75%), Manganese: 2.59mg (129.37%), Vitamin C: 57.83mg (70.1%), Vitamin A: 2631.73IU (52.63%), Vitamin E: 7.13mg (47.52%), Phosphorus: 358.18mg (35.82%), Vitamin B12: 2.15µg (35.76%), Potassium: 1108.28mg (31.67%), Fiber: 7.87g (31.49%), Iron: 5.57mg (30.93%), Copper: 0.59mg (29.45%), Magnesium: 115.68mg (28.92%), Folate: 87.29µg

(21.82%), Calcium: 211.49mg (21.15%), Selenium: 14.14µg (20.21%), Vitamin B3: 3.8mg (19.01%), Zinc: 2.54mg (16.93%),
Vitamin B2: 0.23mg (13.34%), Vitamin B1: 0.18mg (12.09%), Vitamin B6: 0.22mg (10.9%), Vitamin D: 1.15µg (7.68%),
Vitamin B5: 0.65mg (6.5%)