



 **100%**  
HEALTH SCORE

# Stuffed Sardines with Sweet and Sour Peppers

 Dairy Free  Very Healthy

READY IN



100 min.

SERVINGS



4

CALORIES



807 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons almonds sliced
- 2 fillet anchovy
- 1 cup bread crumbs
- 2 tablespoons currants
- 0.3 cup extra virgin olive oil plus 2 tablespoons
- 2 bunches flat parsley italian chopped finely
- 20 sardines fresh
- 2 cloves garlic thinly sliced

- 1 bell peppers green seeded thinly sliced
- 2 juice of orange
- 2 lemons sliced into 10 slices
- 2 bell pepper red seeded thinly sliced
- 1 onion red thinly sliced
- 4 tablespoons red wine vinegar

## Equipment

- frying pan
- oven
- mixing bowl

## Directions

- Preheat oven to 350 degrees.
- Clean the sardines, leaving head on. Using your thumbnail, remove the spine from head to tail, careful to leave head and tail intact. Rinse to remove small bones and set aside.
- In a 12- to 14-inch saute pan, heat 1/4 cup oil, garlic and anchovies over medium high heat until garlic starts to lightly brown.
- Add bread crumbs and toast until golden, stirring constantly, about 3 to 4 minutes.
- Remove and pour into large mixing bowl.
- Add currants, almonds, parsley, zest and half of orange juice.
- Mix well and set aside.
- Lay sardines on backs, open like books and place a heaping tablespoon of stuffing in each one and pinch closed. Finish all sardines and set in refrigerator for 20 minutes.
- In a 12- to 14-inch saute pan, heat remaining 2 tablespoons olive oil over medium high heat, add red onion and red and green peppers and saute until just softened, about 3 to 4 minutes.
- Add remaining orange juice, vinegar and sugar, stir through and remove from heat.
- Pour into 12- to 14-inch oven-proof casserole. Arrange lemon slices around perimeter of pan, on top of peppers and place 2 sardines on each slice quite close together.
- Place in oven and bake 25 minutes uncovered.

Serve hot or at room temperature.

## Nutrition Facts

**PROTEIN 26.73%** **FAT 51.84%** **CARBS 21.43%**

### Properties

Glycemic Index:60.88, Glycemic Load:5.71, Inflammation Score:-10, Nutrition Score:44.718695630198%

### Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 11.6mg, Eriodictyol: 11.6mg, Eriodictyol: 11.6mg, Eriodictyol: 11.6mg Hesperetin: 18.65mg, Hesperetin: 18.65mg, Hesperetin: 18.65mg, Hesperetin: 18.65mg Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg Apigenin: 61.42mg, Apigenin: 61.42mg, Apigenin: 61.42mg, Apigenin: 61.42mg Luteolin: 3.12mg, Luteolin: 3.12mg, Luteolin: 3.12mg, Luteolin: 3.12mg Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 4.55mg, Myricetin: 4.55mg, Myricetin: 4.55mg, Myricetin: 4.55mg Quercetin: 7.19mg, Quercetin: 7.19mg, Quercetin: 7.19mg, Quercetin: 7.19mg

### Nutrients (% of daily need)

Calories: 807.03kcal (40.35%), Fat: 47.65g (73.31%), Saturated Fat: 2.54g (15.88%), Carbohydrates: 44.32g (14.77%), Net Carbohydrates: 37.38g (13.59%), Sugar: 15.07g (16.74%), Cholesterol: 107.6mg (35.87%), Sodium: 226.43mg (9.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.27g (110.54%), Vitamin K: 482.84µg (459.85%), Vitamin C: 184.53mg (223.68%), Vitamin A: 4872.95IU (97.46%), Calcium: 930.28mg (93.03%), Vitamin B3: 17.69mg (88.45%), Phosphorus: 758.66mg (75.87%), Vitamin B2: 1.03mg (60.31%), Selenium: 36.48µg (52.11%), Manganese: 1mg (49.97%), Zinc: 5.7mg (37.99%), Potassium: 1321.67mg (37.76%), Vitamin B1: 0.53mg (35.62%), Iron: 6.39mg (35.5%), Folate: 125.89µg (31.47%), Vitamin E: 4.63mg (30.86%), Magnesium: 120.34mg (30.08%), Fiber: 6.94g (27.75%), Vitamin B6: 0.44mg (21.84%), Copper: 0.27mg (13.45%), Vitamin B5: 0.72mg (7.23%), Vitamin B12: 0.11µg (1.78%)