



Whole Sardines with Fresh Herbs and Crème Fraîche

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



638 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon pepper black freshly ground
- ☐ 1 cup crème fraîche sour for garnish
- ☐ 4 pounds sardines fresh cleaned
- ☐ 10 cloves garlic thinly sliced
- ☐ 1 tablespoon honey
- ☐ 0.5 cup juice of lemon freshly squeezed
- ☐ 1 Leaves oregano

- ☐ 2 tablespoons salt
- ☐ 6 shallots thinly sliced
- ☐ 1 Leaves thyme sprigs
- ☐ 0.5 cup virgin olive oil

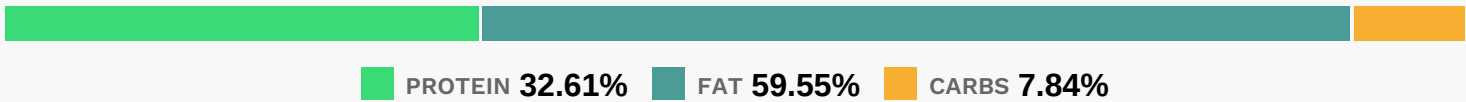
Equipment

- ☐ bowl

Directions

- ☐ Lightly score each sardine crosswise on the skin side, three times per fillet. In a nonreactive bowl, combine the sardines, lemon juice, salt, garlic, and shallots. Cover and refrigerate for 2 hours. Before serving, drain the sardines, discarding the lime juice, garlic, and shallots. In a bowl, blend together the marinade ingredients.
- ☐ Add the sardines and gently toss.
- ☐ Garnish with crème fraîche.
- ☐ From The Great Ceviche Book, Revised by Douglas Rodriguez with Laura Zimmerman. Copyright © 2003, 2010 by Douglas Rodriguez. Published by Ten Speed Press, a division of Random House, Inc.

Nutrition Facts



Properties

Glycemic Index:32.38, Glycemic Load:3.12, Inflammation Score:-8, Nutrition Score:23.586087014364%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 638.26kcal (31.91%), Fat: 42.93g (66.05%), Saturated Fat: 4.4g (27.52%), Carbohydrates: 12.71g (4.24%), Net Carbohydrates: 11.39g (4.14%), Sugar: 6.72g (7.47%), Cholesterol: 137.53mg (45.84%), Sodium: 2341.89mg (101.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.89g (105.78%), Calcium: 914.4mg (91.44%), Vitamin B3: 15.29mg (76.43%), Phosphorus: 720.82mg (72.08%), Vitamin B2: 0.87mg (51.12%), Selenium: 32.78µg (46.83%), Manganese: 0.7mg (35.19%), Zinc: 5.17mg (34.44%), Potassium: 886.66mg (25.33%), Magnesium: 74.59mg (18.65%), Iron: 2.79mg (15.48%), Vitamin C: 12.06mg (14.62%), Vitamin A: 711.3IU (14.23%), Vitamin B1: 0.16mg (10.66%), Vitamin B6: 0.18mg (8.97%), Vitamin K: 5.7µg (5.43%), Fiber: 1.32g (5.28%), Vitamin E: 0.75mg (5%), Folate: 15.73µg (3.93%), Copper: 0.07mg (3.27%), Vitamin B5: 0.28mg (2.76%), Vitamin B12: 0.08µg (1.34%)