

Marinated Sardines

Yield: 3 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-sardines-recipe>

Ingredients:

- 4 sardines fresh, have the fishmonger clean and fillet them for you
- 1 garlic clove sliced thinly
- 4 slices lemon
- 1 sprig thyme
- 2 tablespoons mint roughly chopped
- 1/4 cup olive oil
- 3 tablespoons red wine vinegar
- freshly ground pepper

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 20 milligrams
4. Fat: 20 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 3 grams
8. Sodium: 70 milligrams

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