

Grilled Sardines, Charred Lemon & Chiles

Yield: 5 min
Total Time: 35 min

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

Ingredients:

- 1/2 cup extra-virgin olive oil more as needed
- 3 lemons medium
- 2 red chile peppers
- 2 tablespoons parsley fresh, chopped
- 3 cloves garlic minced
- 1 shallot medium, minced
- kosher salt
- 16 whole sardines

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 12 grams
3. Fat: 22 grams
4. Fiber: 3 grams
5. Protein: 1 grams
6. SaturatedFat: 3 grams
7. Sodium: 160 milligrams

Thank you for visiting our website. Hope you enjoy Grilled Sardines, Charred Lemon & Chiles above. You can see more 18 italian grilled sardines recipe Unleash your inner chef! to get more great cooking ideas.