

Grilled Sardines with Italian Salsa

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 4 plum tomatoes diced
- 1 roasted red pepper or 2 to 3 jarred roasted red peppers, diced
- 1 garlic clove finely chopped
- hot chilies Chopped, in oil, to taste
- 1 tablespoon chopped basil
- 1 tablespoon Italian parsley chopped
- 1 tablespoon red wine vinegar or sherry vinegar
- 1/3 cup extra virgin olive oil
- salt
- freshly ground pepper
- 8 sardines fresh whole, cleaned and scaled
- salt
- freshly ground pepper
- olive oil for drizzling
- 2 garlic cloves finely chopped
- crusty bread Grilled, for serving

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 30 milligrams
4. Fat: 25 grams
5. Fiber: 2 grams
6. Protein: 6 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 500 milligrams
9. Sugar: 2 grams

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