

***Roasted  
Sardines with  
peppers***



***Ingredients:***

***1 kg of sardine  
1 teaspoon of salt  
2 green peppers  
2 red peppers  
2 cloves of garlic  
1 dl of oil  
1 teaspoon of vinegar  
1 bunch of cilantro (coriander)***

***Method***

***Rinse the sardines under cold running water and season with salt.***

***Bake them on both sides and allow them to heat.***

***Meanwhile, bake, too, green and red peppers, rinse them in cold water and remove their skins. Discard seeds and cut to thin strips.***

***Arrange the sardines and roasted peppers on a platter. Peel the cloves of garlic, chop them finely and sprinkle the peppers.***

***Drizzle with olive oil and vinegar and garnish with coriander.***



### *Nutritional analysis in relation to GDA\**

#### INGREDIENTS

Sardines (60%), Peppers (12%), Peppers (12%), Coriander leaves (9%), Olive oil (4%), Garlic (2%), Vinegar, Salt.

#### NUTRITION INFORMATION

Typical values	Per 100g	Per 415.3g Serving	Adult GDA	% GDA
<b>ENERGY</b>	483 kJ	2006 kJ		
	116 kcal	482 kcal	2000 kcal	24%
<b>PROTEIN</b>	10.2g	42.4g	45g	94%
<b>CARBOHYDRATE</b>	1.1g	4.5g	230g	2%
of which <b>SUGARS</b>	0.8g	3.2g	90g	4%
<b>FAT</b>	7.9g	32.7g	70g	47%
of which <b>SATURATES</b>	1.6g	6.8g	20g	34%
<b>FIBRE</b>	0.1g	0.3g	24g	1%
<b>SODIUM*</b>	0.2g	0.7g	2.4g	30%
*equivalent as <b>SALT</b>	0.4g	1.8g	6g	30%

\*GDA: Guideline Daily Amount