

Sardines: natural omega-3s

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NUTRI-lipidomics

Molecular nutrition and healthy diet



Omega-3 and sardines

The summer holidays are coming to an end, but we don't have to renounced at the dishes that have colored our holiday tables, especially if they are "rich" in beneficial properties for the body.

Today's nutr lipidomic recipe is a traditional Sicilian dish that marries the taste, flavors and well-being of a sunny land: pasta with sardines. There are many traditional versions, but ours will only include the use of the main ingredients, undercooked, so as not alter their beneficial properties. Among the ingredients there are: sardines, cheap blue fish rich in Omega-3, especially DHA, and unlike anchovies, have a proportionally lower content of saturated fat, together with wild fennel, with fragrant leaves well known for their digestive properties and purifying.

Nutr lipidomics recipe

Ingredients (for 4 people)

- Whole meal spaghetti 300 g
- Fresh sardines 400 g
- Wild fennel 150 g
- Pine nuts 15 g
- Raisins 25 g
- Chopped almonds 25 g
- Onion 70 g
- Extra virgin olive oil 50 g (about 3 tablespoons)
- Zest of 1 lemon
- Salt as needed
- Pepper as needed

METHOD

Wash the wild fennel in plenty cold water, removing any harder stems; cut the tufts into small parts and boil them in abundant boiling water for 20 min; drain and store the boiling water.



Clean the sardines, removing their heads, bones and entrails, rinse them under cold water to remove any residues. Dry the sardines well one by one.

Place the onion cut into small pieces in a large pan, the extra virgin olive oil, the pine nuts and the raisins; let it brown for a few minutes. Add the sardines and sauté for about 2 minutes; add the fennel and two tablespoons of its boiling water and let it dry. Add a pinch of salt and pepper.

Boil the pasta in the water previously used to cook the fennel, to which a pinch of salt must be added; sear the pasta in the sauce with the sardines and sauté by adding the cooking water to whisk.

Serve garnished with chopped almonds and lemon zest.

N.B.: it is possible to replace the fennel with dill, the doses will be halved.

Nutritional values per recipe and per person

	Kcal	Pro- teins (g)	Carbs (g)	Sugar (g)	Fats(g)	Satu- rated (g)	Monoin- saturated (g)	Polinsa- saturated (g)	Fibeers (g)	Chole- sterolo (mg)
Sardines	900	81.2	6	6	61.6	20.9	12.8	27.95		260
Whole meal spaghetti	1044	43.89	225	0	3.027	0.774	0.585	1.668	8.3	0
Wild fennel	12.82	1.8	0	1.5	0	0	0	0	3.3	0
Evo oil	442	0	0	0	50	7	36,5	6,5	0	0
Pine nuts	100.9	2.05	1.96	0.53	8.65	0.73	2.81	5.11	0.55	0
Raisins	75.5	0.84	19.88	14.79	0.067	0.03	0.004	0.033	1	0
Chopped almonds	143.75	5.3	7.22	1.3	12	1.2	7.72	3.01	3.01	0
Onion	80	2,2	9,3	4,2	0,2	0,082	0,026	0,034	3,4	
Total per recipe	2798.97	137.28	269.36	18.32	135.544	30.64	59.728	44.305	19.56	260
Total per persona	699.74	34.32	67.34	7.08	67.772	7.6	14.932	11.07	4.89	65

Article edited by the Lipinutragen Editorial Board

The food recommendations in the article are not intended to replace a personalized food plan and are to be adapted to specific cases.