



Barbecued mackerel with ginger, chilli & lime drizzle



Gluten Free



Dairy Free



Very Healthy

READY IN



23 min.

SERVINGS



4

CALORIES



835 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tbsp olive oil extra virgin extra-virgin
- ☐ 4 small mackerel whole cleaned
- ☐ 1 large to 5 chillies red deseeded finely chopped
- ☐ 1 small garlic clove finely chopped
- ☐ 1 small knob ginger fresh finely chopped
- ☐ 2 tsp honey
- ☐ 2 juice of lime finely grated

- ☐ 1 tsp sesame oil
- ☐ 1 tsp thai fish sauce

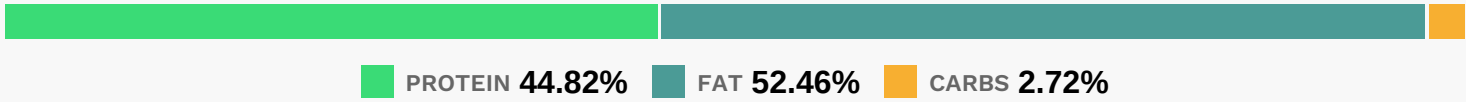
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Light the barbecue and allow the flames to die down until the ashes have gone white with heat. Make the drizzle by whisking 2 tbsp olive oil and all the other ingredients together in a small bowl, adjusting the ratio of honey and lime to make a sharp sweetness. Season to taste.
- ☐ Score each side of the mackerel about 6 times, not quite through to the bone.
- ☐ Brush the fish with the remaining oil and season lightly. Barbecue the mackerel for 5–6 mins on each side until the fish is charred and the eyes have turned white. Spoon the drizzle over the fish and allow to stand for 2–3 mins before serving.

Nutrition Facts



Properties

Glycemic Index:35.57, Glycemic Load:1.95, Inflammation Score:-8, Nutrition Score:41.678695554319%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 834.5kcal (41.72%), Fat: 47.2g (72.61%), Saturated Fat: 11.73g (73.3%), Carbohydrates: 5.49g (1.83%), Net Carbohydrates: 5.23g (1.9%), Sugar: 3.79g (4.21%), Cholesterol: 211.5mg (70.5%), Sodium: 506.57mg (22.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 90.73g (181.45%), Vitamin B12: 19.81µg (330.12%), Vitamin D: 40.95µg (273%), Selenium: 164.59µg (235.13%), Vitamin B3: 37.65mg (188.24%), Vitamin B2: 1.91mg (112.32%), Vitamin B6: 1.56mg (78.21%), Phosphorus: 570.91mg (57.09%), Potassium: 1891.06mg (54.03%), Vitamin E: 6.14mg

(40.93%), Vitamin C: 29.94mg (36.29%), Vitamin B1: 0.51mg (34.21%), Magnesium: 132.78mg (33.19%), Iron: 5.45mg (30.27%), Copper: 0.44mg (22.09%), Zinc: 3.08mg (20.51%), Vitamin B5: 1.47mg (14.72%), Calcium: 109.53mg (10.95%), Vitamin K: 8.6µg (8.19%), Vitamin A: 393.85IU (7.88%), Manganese: 0.11mg (5.53%), Folate: 13.97µg (3.49%), Fiber: 0.26g (1.03%)