



Broiled Bluefish with Tomato and Herbs



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



6

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 cup mayonnaise
- ☐ 0.5 teaspoon salt
- ☐ 2 lb mackerel spanish with skin, cut into servings if desired
- ☐ 3 medium tomatoes cut into 3/4-inch-thick slices ()

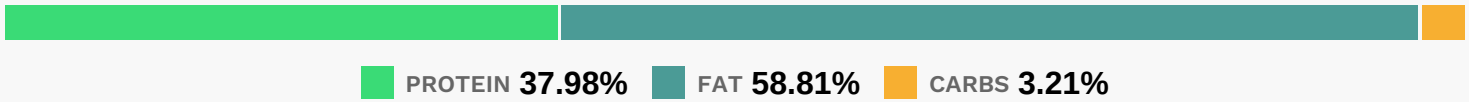
Equipment

- ☐ bowl
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler. Line rack of a broiler pan with foil.
- ☐ Put fish skin sides down on foil and sprinkle with pepper and 1/4 teaspoon salt.
- ☐ Whisk together mayonnaise, lemon juice, dill, and chives in a small bowl.
- ☐ Spread evenly over fish, then cover with tomato slices, overlapping slightly, and sprinkle with remaining 1/4 teaspoon salt.
- ☐ Broil fish 3 to 4 inches from heat until just cooked through, 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0.68, Inflammation Score:-6, Nutrition Score:25.637391059295%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 335.33kcal (16.77%), Fat: 21.37g (32.88%), Saturated Fat: 4.87g (30.46%), Carbohydrates: 2.63g (0.88%), Net Carbohydrates: 1.84g (0.67%), Sugar: 1.73g (1.92%), Cholesterol: 76.29mg (25.43%), Sodium: 406.05mg

(17.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.05g (62.11%), Vitamin B12: 6.67µg (111.13%), Vitamin D: 13.78µg (91.89%), Selenium: 55.49µg (79.27%), Vitamin B3: 12.96mg (64.78%), Vitamin B2: 0.65mg (38.38%), Vitamin B6: 0.55mg (27.57%), Vitamin K: 27.56µg (26.25%), Potassium: 768.06mg (21.94%), Phosphorus: 207.24mg (20.72%), Vitamin C: 12.47mg (15.11%), Vitamin E: 2.26mg (15.04%), Vitamin A: 668.45IU (13.37%), Vitamin B1: 0.19mg (12.87%), Magnesium: 49.92mg (12.48%), Iron: 1.98mg (11.01%), Copper: 0.18mg (9.12%), Zinc: 1.14mg (7.63%), Vitamin B5: 0.56mg (5.6%), Manganese: 0.11mg (5.52%), Calcium: 43.66mg (4.37%), Folate: 14.3µg (3.58%), Fiber: 0.79g (3.16%)