



Broiled Spanish Mackerel

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN

ready

15 min.

SERVINGS

servings

6

CALORIES

calories

219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings salt and ground pepper black to taste
- ☐ 12 slices optional: lemon
- ☐ 18 ounce fillets mackerel fillets spanish
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon paprika

Equipment

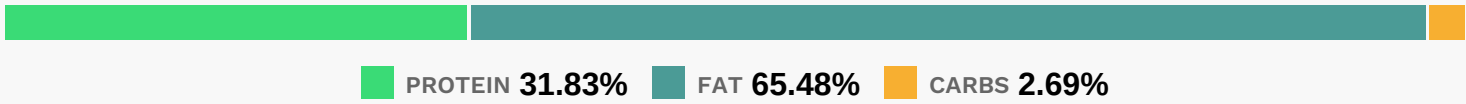
- ☐ oven
- ☐ baking pan

☐ broiler

Directions

- ☐ Preheat the oven's broiler and set the oven rack about 6 inches from the heat source. Lightly grease a baking dish.
- ☐ Rub both sides of each mackerel fillet with olive oil and place with the skin side down into the prepared baking dish. Season each fillet with the paprika, salt, and pepper. Top each fillet with two lemon slices.
- ☐ Bake the fillets under the broiler until the fish just begins to flake, 5 to 7 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.08, Glycemic Load:0.25, Inflammation Score:-3, Nutrition Score:14.056086947089%

Flavonoids

Eriodictyol: 2.99mg, Eriodictyol: 2.99mg, Eriodictyol: 2.99mg, Eriodictyol: 2.99mg Hesperetin: 3.91mg, Hesperetin: 3.91mg, Hesperetin: 3.91mg, Hesperetin: 3.91mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 218.72kcal (10.94%), Fat: 15.78g (24.27%), Saturated Fat: 3.16g (19.77%), Carbohydrates: 1.46g (0.49%), Net Carbohydrates: 0.98g (0.36%), Sugar: 0.37g (0.41%), Cholesterol: 39.97mg (13.32%), Sodium: 73.74mg (3.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.26g (34.51%), Vitamin B12: 3.74µg (62.37%), Vitamin D: 7.74µg (51.6%), Selenium: 31.11µg (44.45%), Vitamin B3: 7.11mg (35.54%), Vitamin B2: 0.36mg (21.36%), Vitamin B6: 0.3mg (14.79%), Vitamin E: 2.22mg (14.78%), Vitamin C: 9.12mg (11.06%), Phosphorus: 109.23mg (10.92%), Potassium: 369.84mg (10.57%), Vitamin B1: 0.1mg (6.71%), Iron: 1.17mg (6.48%), Magnesium: 25.4mg (6.35%), Vitamin K: 5.8µg (5.52%), Copper: 0.09mg (4.34%), Zinc: 0.59mg (3.91%), Vitamin B5: 0.3mg (3.01%), Vitamin A: 138.45IU (2.77%), Calcium: 24.12mg (2.41%), Fiber: 0.48g (1.9%), Manganese: 0.03mg (1.62%)