



Cook the Book: Smoked Mackerel on Toast

READY IN



45 min.

SERVINGS



6

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 slices crusty baguette toasted thin
- ☐ 6 servings pepper black freshly ground
- ☐ 1 tablespoon chives thinly sliced
- ☐ 6 tablespoons crème fraîche
- ☐ 0.3 cup olive oil extra virgin
- ☐ 1 clove garlic
- ☐ 6 servings sea salt
- ☐ 0.5 pound trout smoked
- ☐ 7 ounces potatoes white peeled

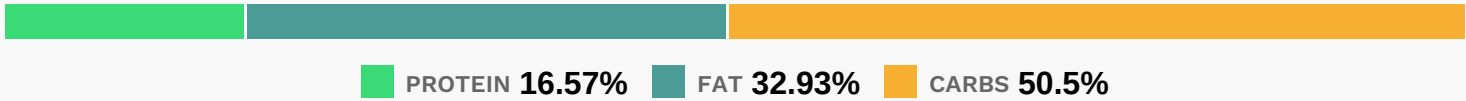
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Place the potato and garlic clove in a small saucepan, cover with water, season with salt, and bring to a boil. Reduce the heat and simmer until the potato is very soft, about 20 minutes.
- ☐ Drain, reserving 1 cup of the liquid.
- ☐ Mash the potato in a bowl with a potato masher while it is still warm.
- ☐ Add the mackerel and oil and mix with the potato masher or a fork until smooth and loose enough to spread. Thin as needed with the reserved potato water.
- ☐ Add the crème fraiche and season with pepper. Taste, and adjust the seasoning if necessary. Stir in the chives.
- ☐ Spread on toasts and serve.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:39.5, Inflammation Score:-5, Nutrition Score:20.190000026122%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 462.14kcal (23.11%), Fat: 16.78g (25.81%), Saturated Fat: 3.48g (21.75%), Carbohydrates: 57.89g (19.3%), Net Carbohydrates: 54.88g (19.95%), Sugar: 5.68g (6.32%), Cholesterol: 29mg (9.67%), Sodium: 878.65mg (38.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.99g (37.99%), Vitamin B1: 0.78mg (52.23%), Vitamin B12:

2.97µg (49.5%), Manganese: 0.89mg (44.6%), Vitamin B3: 6.91mg (34.56%), Selenium: 23.73µg (33.91%), Folate: 125.62µg (31.4%), Vitamin B2: 0.5mg (29.36%), Iron: 4.59mg (25.51%), Phosphorus: 223.13mg (22.31%), Vitamin B6: 0.3mg (14.81%), Calcium: 146.36mg (14.64%), Vitamin B5: 1.28mg (12.81%), Potassium: 427.91mg (12.23%), Copper: 0.24mg (12.09%), Fiber: 3.02g (12.06%), Vitamin E: 1.73mg (11.55%), Magnesium: 45.37mg (11.34%), Vitamin K: 10.7µg (10.19%), Vitamin D: 1.47µg (9.83%), Vitamin C: 7.26mg (8.8%), Zinc: 1.24mg (8.25%), Vitamin A: 119.32IU (2.39%)