



Devilled mackerel with potatoes & spinach



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



970 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 mackerel cleaned chopped
- ☐ 4 tbsp curry paste (we used Madras)
- ☐ 2 tbsp olive oil
- ☐ 800 g potatoes cubed
- ☐ 1 onion chopped
- ☐ 250 g pkt spinach

Equipment

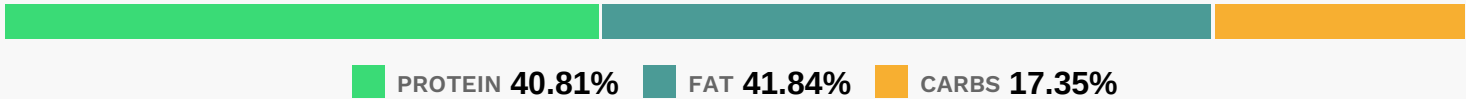
- ☐ frying pan

☐ oven

Directions

- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Make a couple of slashes in both sides of the fish and rub with half the curry paste.
- ☐ Heat the oil in a roasting tray, then fry the potatoes and onion for about 8 mins until starting to brown.
- ☐ Stir the remaining curry paste into the potatoes, then sit the fish on top and roast for 20–25 mins until the fish and potatoes are cooked.
- ☐ Lift the fish onto plates, then place the potatoes back over a high heat.
- ☐ Add the spinach to the pan and cook for 3–4 mins until completely wilted. Scoop out and serve with the fish.

Nutrition Facts



Properties

Glycemic Index:35.69, Glycemic Load:26.43, Inflammation Score:-10, Nutrition Score:63.69347821113%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 5.77mg, Kaempferol: 5.77mg, Kaempferol: 5.77mg, Kaempferol: 5.77mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 9.46mg, Quercetin: 9.46mg, Quercetin: 9.46mg, Quercetin: 9.46mg

Nutrients (% of daily need)

Calories: 969.51kcal (48.48%), Fat: 44.05g (67.77%), Saturated Fat: 11.65g (72.78%), Carbohydrates: 41.11g (13.7%), Net Carbohydrates: 34.31g (12.48%), Sugar: 4.05g (4.5%), Cholesterol: 211.5mg (70.5%), Sodium: 449.89mg (19.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 96.67g (193.34%), Vitamin B12: 19.8µg (330%), Vitamin K: 310.45µg (295.67%), Vitamin D: 40.95µg (273%), Selenium: 165.61µg (236.59%), Vitamin B3: 40.03mg (200.16%), Vitamin A: 8506.67IU (170.13%), Vitamin B2: 2.08mg (122.59%), Vitamin B6: 2.23mg (111.49%), Potassium: 3057.97mg (87.37%), Vitamin C: 69.26mg (83.95%), Phosphorus: 715.1mg (71.51%), Magnesium: 224.13mg (56.03%), Iron: 8.96mg (49.77%), Manganese: 0.97mg (48.48%), Vitamin B1: 0.72mg (48.06%), Vitamin E: 6.8mg (45.35%), Folate: 167.48µg (41.87%), Copper: 0.73mg (36.32%), Fiber: 6.8g (27.19%), Zinc: 3.97mg (26.49%), Calcium: 216.77mg (21.68%), Vitamin B5: 2.09mg (20.88%)