

Fabulous Fish

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 ounce anchovy fillets chopped canned
- 3 cloves garlic peeled chopped
- 10 olives green pitted chopped
- 2 drops pepper sauce hot
- 4 drops soya sauce

Equipment

- bowl

Directions

In a medium bowl, mix the kippers, anchovy fillets, olives, garlic, hot pepper sauce and soy sauce.

Nutrition Facts

PROTEIN 36.43% **FAT 53.8%** **CARBS 9.77%**

Properties

Glycemic Index:11.25, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:3.5086956723877%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 48.27kcal (2.41%), Fat: 2.92g (4.49%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 1.19g (0.4%), Net Carbohydrates: 0.81g (0.29%), Sugar: 0.1g (0.11%), Cholesterol: 12.05mg (4.02%), Sodium: 745.67mg (32.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.9%), Vitamin B3: 2.9mg (14.51%), Selenium: 10.07µg (14.39%), Vitamin E: 0.86mg (5.7%), Iron: 0.77mg (4.28%), Calcium: 42.4mg (4.24%), Phosphorus: 40.92mg (4.09%), Copper: 0.07mg (3.41%), Vitamin B2: 0.06mg (3.33%), Vitamin B6: 0.06mg (3.13%), Magnesium: 11.87mg (2.97%), Manganese: 0.06mg (2.85%), Potassium: 93.17mg (2.66%), Zinc: 0.38mg (2.54%), Vitamin B12: 0.12µg (2.08%), Vitamin K: 1.91µg (1.81%), Vitamin D: 0.24µg (1.61%), Fiber: 0.39g (1.55%), Vitamin B5: 0.15mg (1.49%), Vitamin C: 1.08mg (1.3%), Vitamin B1: 0.02mg (1.23%)