



Grilled herrings with mustard & basil dressing



Gluten Free



Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 300 g herring fillets
- ☐ 4 tbsp olive oil extra virgin extra-virgin
- ☐ 2 tbsp coarse mustard
- ☐ 1 large bunch basil
- ☐ 1 tsp clear honey
- ☐ 1 lemon zest grated

Equipment

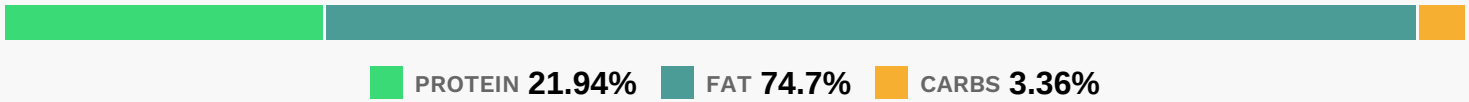
- ☐ bowl

- ☐ whisk
- ☐ grill

Directions

- ☐ Heat grill to its highest setting. Rinse the fish under running cold water to dislodge any loose scales.
- ☐ Brush with a little of the oil and season lightly. Grill for 6–8 mins, or until cooked; the eye should be white, the skin well browned and the flesh firm and opaque.
- ☐ Meanwhile, make the dressing: whisk the mustard, basil, honey, lemon zest and juice and remaining oil together in a small bowl, and season. Once the fish is cooked, spoon the dressing over and serve.

Nutrition Facts



Properties

Glycemic Index:38.57, Glycemic Load:0.79, Inflammation Score:-3, Nutrition Score:13.704347921454%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 253.32kcal (12.67%), Fat: 21.05g (32.39%), Saturated Fat: 3.48g (21.76%), Carbohydrates: 2.13g (0.71%), Net Carbohydrates: 1.62g (0.59%), Sugar: 1.61g (1.79%), Cholesterol: 45mg (15%), Sodium: 150.52mg (6.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.91g (27.82%), Vitamin B12: 10.27µg (171.25%), Selenium: 29.96µg (42.79%), Vitamin D: 3.15µg (21%), Vitamin E: 2.86mg (19.1%), Phosphorus: 186.47mg (18.65%), Vitamin K: 16.92µg (16.11%), Vitamin B3: 2.48mg (12.42%), Vitamin B6: 0.24mg (11.89%), Vitamin B2: 0.18mg (10.77%), Potassium: 265.85mg (7.6%), Magnesium: 29.14mg (7.29%), Iron: 1.11mg (6.14%), Vitamin B1: 0.08mg (5.65%), Zinc: 0.81mg (5.43%), Calcium: 53.27mg (5.33%), Vitamin B5: 0.52mg (5.16%), Copper: 0.08mg (4.21%), Manganese: 0.08mg (4.09%), Vitamin A: 181.32IU (3.63%), Vitamin C: 2.86mg (3.47%), Folate: 9.61µg (2.4%), Fiber: 0.52g (2.07%)