



Grilled mackerel with sweet soy glaze



Gluten Free



Low Fod Map

READY IN



25 min.

SERVINGS



2

CALORIES



717 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 fillet mackerel whole (use our step-by-step guide if filleting from)
- ☐ 1 lime zest
- ☐ 1 tbsp olive oil extra virgin extra-virgin
- ☐ 2 servings butter for greasing
- ☐ 2 servings baby bok choy steamed
- ☐ 2 tbsp soya sauce
- ☐ 1 to 5 chillies red deseeded cut into matchsticks
- ☐ 1 juice of lime

- ☐ 1 piece ginger grated
- ☐ 2 tbsp muscovado sugar

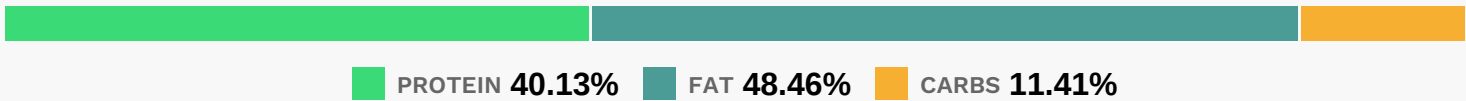
Equipment

- ☐ frying pan
- ☐ baking pan
- ☐ grill

Directions

- ☐ Score the mackerel fillets a couple of times on the skin, then lay them in a shallow dish.
- ☐ Sprinkle with the lime zest and juice, and leave to marinate for 5–10 mins.
- ☐ Place all of the sauce ingredients in a small pan with a splash of water and gradually bring to a simmer. Cook for 5 mins to thicken slightly, then remove from the heat and set aside.
- ☐ Turn the grill to its highest setting and place the mackerel on a greased baking tray, skin side up.
- ☐ Sprinkle the fillets with the olive oil and some sea salt, then grill for 5 mins until the flesh is opaque and cooked through.
- ☐ Divide bok choy between plates, lay 2 mackerel fillets on top, drizzle with the sauce and serve with a wedge of lime.

Nutrition Facts



Properties

Glycemic Index:78.5, Glycemic Load:1.78, Inflammation Score:-8, Nutrition Score:40.389565136122%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 15.75mg, Hesperetin: 15.75mg, Hesperetin: 15.75mg, Hesperetin: 15.75mg Naringenin: 1.2mg, Naringenin: 1.2mg, Naringenin: 1.2mg, Naringenin: 1.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 717.06kcal (35.85%), Fat: 38.1g (58.62%), Saturated Fat: 11.2g (70.02%), Carbohydrates: 20.18g (6.73%), Net Carbohydrates: 18.62g (6.77%), Sugar: 14.03g (15.59%), Cholesterol: 170.55mg (56.85%), Sodium: 1337.63mg (58.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70.98g (141.96%), Vitamin B12: 14.97µg (249.47%), Vitamin D: 30.94µg (206.27%), Selenium: 124.72µg (178.18%), Vitamin B3: 29.41mg (147.04%), Vitamin B2: 1.49mg (87.64%), Vitamin C: 54.01mg (65.46%), Vitamin B6: 1.3mg (65.13%), Phosphorus: 469.08mg (46.91%), Potassium: 1574.48mg (44.99%), Vitamin E: 4.8mg (31.97%), Magnesium: 113.47mg (28.37%), Vitamin B1: 0.42mg (27.94%), Iron: 4.97mg (27.62%), Copper: 0.41mg (20.44%), Zinc: 2.48mg (16.55%), Vitamin B5: 1.31mg (13.07%), Vitamin A: 618.7IU (12.37%), Calcium: 111mg (11.1%), Manganese: 0.2mg (10.2%), Vitamin K: 8.35µg (7.95%), Fiber: 1.56g (6.24%), Folate: 20.05µg (5.01%)