



HEALTH SCORE

100%

Grilled Mackerel with Tomato, Fennel, and Capers



Gluten Free



Dairy Free



Very Healthy

READY IN



90 min.

SERVINGS



4

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 0.5 cup bottled clam juice
- 1 pound fennel bulb quartered
- 2 medium garlic clove finely chopped
- 1 cup olive green pitted coarsely chopped
- 4 servings kosher salt
- 2 tablespoons juice of lemon freshly squeezed (from 1 medium lemon)

- 24 ounce mackerel
- 3 tablespoons olive oil plus more for oiling the grill
- 1 tablespoon parsley fresh italian coarsely chopped
- 1 pinch saffron threads
- 2 pounds tomatoes seeds removed cored halved

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- grill
- aluminum foil
- spatula
- grill pan
- cutting board

Directions

- Heat a grill pan or outdoor grill to medium high (about 375°F to 425°F). Meanwhile, brush the tomatoes and fennel all over with half of the measured olive oil and season with salt and pepper; set aside. When the grill is ready, place the tomatoes and fennel on the grill and cook uncovered until grill marks form, about 3 to 4 minutes. Flip the vegetables and cook until grill marks appear on the other side, about 3 to 4 minutes more.
- Remove to a cutting board. When the vegetables are cool enough to handle, cut and discard the cores from the fennel. Chop both the fennel and tomatoes into 1-1/2-inch pieces and place in a medium saucepan.
- Add the fish broth or clam juice, garlic, and saffron and stir to combine. Bring to a boil over medium-high heat. Reduce the heat to medium low and simmer until the vegetables have softened, about 20 minutes. Keep warm while you grill the fish. (If you're using a grill pan, use several layers of paper towel to wipe the pan clean before grilling the fish.)

- Heat the grill to medium high. Rub the grates with a towel dipped in olive oil. Pat the mackerel fillets dry with paper towels.
- Brush both sides with the remaining measured olive oil and season both sides with salt and pepper.
- Place the fillets on the grill skin-side down and cook until grill marks appear, about 2 to 3 minutes. Flip the fillets with a flat spatula and cook until grill marks appear on the other side and the fish is cooked through, about 2 minutes more.
- Remove the fillets to a plate and tent with foil.
- Add the parsley to the warm tomato-fennel mixture and stir to combine. Taste and season with salt and pepper as needed. Divide the tomato-fennel mixture among 4 rimmed serving plates or shallow bowls and top each serving with a piece of mackerel. Top the fish with about 1 tablespoon of the tapenade (you will have some left over), sprinkle with the caperberries or capers, and serve immediately.

Nutrition Facts

PROTEIN 29.82%

FAT 52.41%

CARBS 17.77%

Properties

Glycemic Index: 61.75, Glycemic Load: 4.63, Inflammation Score: -9, Nutrition Score: 43.638260799906%

Flavonoids

Eriodictyol: 1.59mg, Eriodictyol: 1.59mg, Eriodictyol: 1.59mg, Eriodictyol: 1.59mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 1.65mg, Naringenin: 1.65mg, Naringenin: 1.65mg, Naringenin: 1.65mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 505.22kcal (25.26%), Fat: 29.86g (45.94%), Saturated Fat: 6.13g (38.31%), Carbohydrates: 22.78g (7.59%), Net Carbohydrates: 15.2g (5.53%), Sugar: 11.8g (13.11%), Cholesterol: 79.95mg (26.65%), Sodium: 1045.08mg (45.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.23g (76.46%), Vitamin B12: 7.49µg (124.89%), Vitamin K: 112.68µg (107.32%), Vitamin D: 15.48µg (103.19%), Selenium: 63.53µg (90.76%), Vitamin B3: 16.41mg (82.03%), Vitamin C: 54.27mg (65.78%), Potassium: 1759.03mg (50.26%), Vitamin A: 2408.77IU (48.18%), Vitamin B2: 0.81mg (47.37%), Vitamin E: 6.43mg (42.9%), Vitamin B6: 0.85mg (42.4%), Phosphorus: 332.02mg (33.2%), Fiber: 7.58g (30.33%), Manganese: 0.55mg (27.73%), Magnesium: 98.58mg (24.64%), Copper: 0.42mg (21.23%), Iron: 3.79mg (21.04%), Vitamin B1: 0.3mg (20.21%), Folate: 74.51µg (18.63%), Calcium: 142.51mg (14.25%), Zinc:

1.82mg (12.15%), Vitamin B5: 1.06mg (10.59%)