

 55%
HEALTH SCORE

Grilled Whole Mackerel with Lemon, Oregano, and Olives



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



829 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.3 lb mackerel whole spanish with head and tail) cleaned
- ☐ 1.3 oz kalamata olives pitted cut into slivers
- ☐ 6 slices optional: lemon (1/4-inch-thick)
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest fresh finely grated
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 3 tablespoons oregano fresh finely chopped

- ☐ 2 tablespoons vegetable oil

Equipment

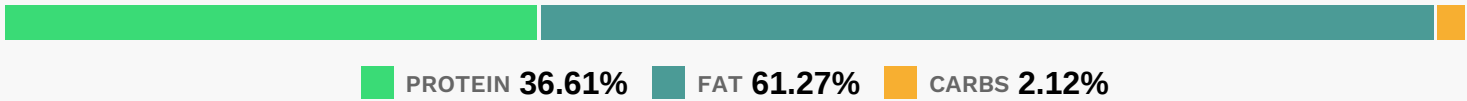
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ grill
- ☐ aluminum foil
- ☐ spatula
- ☐ tongs

Directions

- ☐ Whisk together zest, lemon juice, and salt and pepper to taste, then add olive oil in a stream, whisking until combined well.
- ☐ Whisk in olives and chopped oregano.
- ☐ Make 1-inch-long slits at 2-inch intervals down middle of fish on both sides with a sharp paring knife, then brush fish all over with vegetable oil and season with salt and pepper. Season fish cavity with salt and pepper, then evenly distribute 3 lemon rounds and 3 oregano sprigs in cavity. Close cavity, then evenly arrange remaining 3 lemon rounds and 3 oregano sprigs on top of fish and tie fish closed with string at 2-inch intervals, securing lemon slices and oregano sprigs to fish.
- ☐ Prepare grill for cooking. If using a charcoal grill, open vents on bottom of grill, then light charcoal. Charcoal fire is medium-hot when you can hold your hand 5 inches above rack for 3 to 4 seconds. If using a gas grill, preheat burners on high, covered, 10 minutes, then reduce heat to moderate.
- ☐ Grill fish on lightly oiled grill rack, covered only if using gas grill, 15 minutes. Turn fish over using a metal spatula and tongs, then grill until just cooked through, about 15 minutes more.
- ☐ Transfer fish to a large platter using 2 metal spatulas, then cut and discard string.
- ☐ Serve fish with sauce.
- ☐ • If you aren't able to grill outdoors, whole fish can be roasted on an oiled large baking sheet (17 by 14 inches) in middle of a preheated 425°F oven, without turning, until just cooked

through, 30 to 35 minutes. If fish extends beyond baking sheet, fold up two 12-inch-long pieces of foil and put under head and tail to extend baking surface. • If fish tail begins to brown too much (on grill or in oven), loosely wrap with a small sheet of foil.

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:0.22, Inflammation Score:-10, Nutrition Score:41.311739154484%

Flavonoids

Eriodictyol: 2.52mg, Eriodictyol: 2.52mg, Eriodictyol: 2.52mg, Eriodictyol: 2.52mg Hesperetin: 3.74mg, Hesperetin: 3.74mg, Hesperetin: 3.74mg, Hesperetin: 3.74mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 828.71kcal (41.44%), Fat: 55.44g (85.29%), Saturated Fat: 12.05g (75.29%), Carbohydrates: 4.33g (1.44%), Net Carbohydrates: 2.11g (0.77%), Sugar: 0.62g (0.68%), Cholesterol: 173.22mg (57.74%), Sodium: 456.73mg (19.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 74.53g (149.07%), Vitamin B12: 16.22µg (270.27%), Vitamin D: 33.54µg (223.58%), Selenium: 134.82µg (192.59%), Vitamin B3: 30.87mg (154.37%), Vitamin B2: 1.58mg (92.65%), Vitamin B6: 1.27mg (63.48%), Vitamin E: 7.88mg (52.54%), Phosphorus: 468.74mg (46.87%), Vitamin K: 47.15µg (44.9%), Potassium: 1568.12mg (44.8%), Iron: 5.87mg (32.61%), Magnesium: 115.51mg (28.88%), Vitamin B1: 0.42mg (28.22%), Copper: 0.38mg (19.11%), Vitamin C: 15.52mg (18.81%), Zinc: 2.58mg (17.22%), Calcium: 152.84mg (15.28%), Manganese: 0.25mg (12.31%), Vitamin B5: 1.23mg (12.29%), Fiber: 2.22g (8.89%), Vitamin A: 329.87IU (6.6%), Folate: 18.84µg (4.71%)