



Jerk Mackerel with Papaya Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup julienne-cut bell pepper red (2-inch)
- 1 tablespoon cilantro leaves
- 0.3 cup jamaican jerk paste
- 1 cup julienne-cut jicama peeled (2-inch)
- 2 tablespoons juice of lime fresh
- 24 ounce mackerel
- 1 cup julienne-cut papaya peeled (2-inch)
- 0.1 teaspoon salt

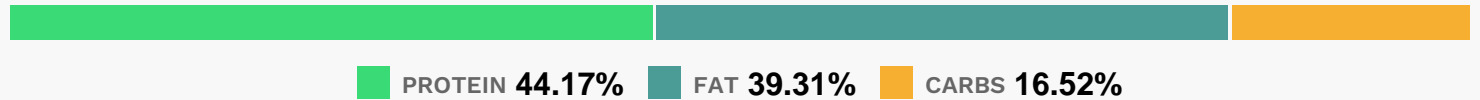
Equipment

- broiler
- broiler pan

Directions

- Preheat broiler.
- To prepare salad, combine papaya, jicama, bell pepper, and cilantro leaves; toss.
- Sprinkle mixture with 2 tablespoons lime juice and 1/8 teaspoon salt; toss gently to coat.
- To prepare fish, rub 1 tablespoon Jamaican Jerk Paste over each fillet.
- Place fillets on a broiler pan coated with cooking spray. Broil 10 minutes or until desired degree of doneness.
- Serve with salad.

Nutrition Facts



Properties

Glycemic Index:49.69, Glycemic Load:4.63, Inflammation Score:-9, Nutrition Score:34.221739126288%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 341.77kcal (17.09%), Fat: 14.69g (22.6%), Saturated Fat: 4.06g (25.34%), Carbohydrates: 13.89g (4.63%), Net Carbohydrates: 9.96g (3.62%), Sugar: 6.08g (6.76%), Cholesterol: 79.95mg (26.65%), Sodium: 865.83mg (37.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.14g (74.28%), Vitamin B12: 7.5µg (124.97%), Vitamin D: 15.48µg (103.19%), Vitamin C: 81.24mg (98.47%), Selenium: 63.77µg (91.1%), Vitamin B3: 14.87mg (74.37%), Vitamin B2: 0.81mg (47.53%), Vitamin B6: 0.73mg (36.69%), Vitamin A: 1636.53IU (32.73%), Potassium: 927.05mg (26.49%), Phosphorus: 260.08mg (26.01%), Magnesium: 72.23mg (18.06%), Vitamin E: 2.56mg (17.1%), Vitamin B1:

0.24mg (16.15%), Iron: 2.85mg (15.85%), Fiber: 3.93g (15.72%), Copper: 0.27mg (13.52%), Manganese: 0.25mg (12.52%), Zinc: 1.76mg (11.73%), Folate: 41.46µg (10.37%), Vitamin B5: 0.83mg (8.34%), Vitamin K: 8.39µg (7.99%), Calcium: 63.59mg (6.36%)