



Leek & mackerel penne bake

 Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



1408 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 leeks washed and sliced trimmed
- ☐ 1 knob butter
- ☐ 175 g penne pasta
- ☐ 200 ml pot crème fraîche reduced-fat
- ☐ 1 tbsp capers
- ☐ 2 small mackerel smoked flaked
- ☐ 25 g breadcrumb

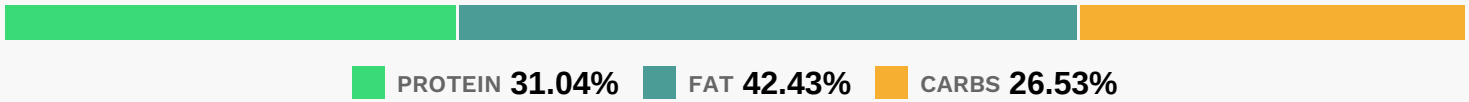
Equipment

- ☐ baking pan
- ☐ grill

Directions

- ☐ Fry the leeks in the butter until very soft, about 10–15 mins. Meanwhile, boil the pasta and heat the grill. When the leeks are soft, stir in the crme frache, capers and fish.
- ☐ Heat through for 1 min.
- ☐ Drain the pasta and stir into the sauce, season to taste, then tip everything into a small baking dish. Scatter with the crumbs and grill until golden and crisp.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:29.8, Inflammation Score:-10, Nutrition Score:56.903912751571%

Flavonoids

Kaempferol: 8.02mg, Kaempferol: 8.02mg, Kaempferol: 8.02mg, Kaempferol: 8.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg

Nutrients (% of daily need)

Calories: 1408.05kcal (70.4%), Fat: 65.17g (100.26%), Saturated Fat: 25.77g (161.04%), Carbohydrates: 91.69g (30.56%), Net Carbohydrates: 86.59g (31.49%), Sugar: 9.92g (11.02%), Cholesterol: 291.43mg (97.14%), Sodium: 718.27mg (31.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 107.29g (214.58%), Vitamin B12: 20.07µg (334.43%), Selenium: 227.34µg (324.78%), Vitamin D: 40.95µg (273%), Vitamin B3: 40.24mg (201.18%), Vitamin B2: 2.2mg (129.23%), Vitamin B6: 1.87mg (93.65%), Phosphorus: 856.48mg (85.65%), Manganese: 1.43mg (71.34%), Potassium: 2332.58mg (66.65%), Magnesium: 214.02mg (53.51%), Vitamin A: 2636.61IU (52.73%), Vitamin B1: 0.77mg (51.55%), Iron: 8.97mg (49.85%), Vitamin K: 46.44µg (44.23%), Copper: 0.84mg (42.18%), Vitamin E: 6.08mg (40.51%), Zinc: 4.88mg (32.54%), Calcium: 299.69mg (29.97%), Folate: 102.22µg (25.56%), Vitamin C: 20.74mg (25.14%), Vitamin B5: 2.33mg (23.32%), Fiber: 5.1g (20.41%)