



## Mackerel Gravlax with Roasted Red Pepper Puree

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



148 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon balsamic vinegar
- 1 bunch cilantro sprigs
- 2 tablespoons cilantro leaves
- 20 ounce mackerel
- 2 medium bell peppers red
- 3 tablespoons sea salt fine
- 0.5 cup shallots thinly sliced

- 3 tablespoons sugar

## Equipment

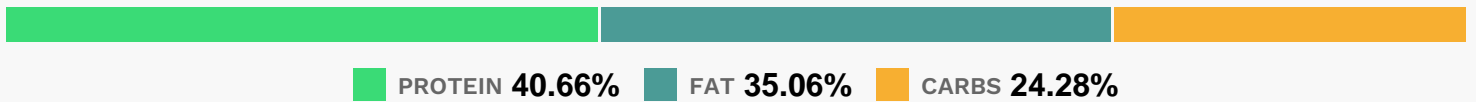
- food processor
- bowl
- frying pan
- baking sheet
- knife
- plastic wrap
- baking pan
- aluminum foil
- broiler

## Directions

- Run fingers along the flesh side of fillets; remove any pin bones with a pair of kitchen tweezers. Turn fillets over; score skin by making 4 (1-inch) crosswise cuts in each fillet with a sharp knife.
- Combine salt and sugar in a small bowl.
- Sprinkle 1 tablespoon salt mixture over skin side of each fillet; let stand 10 minutes.
- Arrange half of cilantro sprigs in a 13 x 9-inch glass or ceramic baking dish. Arrange fillets in a single layer, skin side down, on top of cilantro.
- Spread remaining salt mixture over flesh side of fillets; top evenly with shallots and remaining cilantro sprigs. Cover loosely with plastic wrap.
- Place a cast-iron skillet or other heavy object on top of fillets to weigh them down; refrigerate 24 hours.
- Remove skillet; set aside. Uncover fillets; drain any accumulated liquid. Carefully turn fillets over; cover loosely with plastic wrap.
- Place skillet or heavy object on top of fillets; refrigerate 24 hours.
- Preheat broiler.
- Cut bell peppers in half lengthwise; discard seeds and membranes.

- Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 12 minutes or until blackened.
- Place in a paper bag; fold to close tightly.
- Let stand 10 minutes. Peel.
- Combine bell peppers, 2 tablespoons cilantro leaves, and vinegar in a food processor; process until smooth.
- Remove skillet from fillets; discard plastic wrap. Scrape off and discard cilantro and salt mixture; discard liquid. Using a sharp knife, remove skin from fillets.
- Cut fillets into 1/16-inch slices.
- Serve with bell pepper puree.

## Nutrition Facts



## Properties

Glycemic Index:30.76, Glycemic Load:4.18, Inflammation Score:-7, Nutrition Score:15.524347875429%

## Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

## Nutrients (% of daily need)

Calories: 148.49kcal (7.42%), Fat: 5.72g (8.79%), Saturated Fat: 1.61g (10.08%), Carbohydrates: 8.91g (2.97%), Net Carbohydrates: 7.78g (2.83%), Sugar: 7.01g (7.79%), Cholesterol: 33.31mg (11.1%), Sodium: 2680.78mg (116.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.92g (29.83%), Vitamin B12: 3.12µg (51.97%), Vitamin C: 40.98mg (49.67%), Vitamin D: 6.45µg (43%), Selenium: 26.12µg (37.31%), Vitamin B3: 6.23mg (31.15%), Vitamin A: 1050.23IU (21%), Vitamin B2: 0.33mg (19.37%), Vitamin B6: 0.37mg (18.66%), Potassium: 406.97mg (11.63%), Phosphorus: 105.85mg (10.58%), Vitamin E: 1.21mg (8.08%), Vitamin B1: 0.1mg (6.96%), Magnesium: 26.95mg (6.74%), Iron: 1.18mg (6.53%), Folate: 20.81µg (5.2%), Manganese: 0.1mg (4.98%), Vitamin K: 5.06µg (4.82%), Fiber: 1.13g (4.51%), Copper: 0.09mg (4.45%), Zinc: 0.62mg (4.14%), Vitamin B5: 0.37mg (3.67%), Calcium: 26.43mg (2.64%)