



HEALTH SCORE

69%

Mackerel Vin Blanc



Gluten Free



Dairy Free



Very Healthy

READY IN

**45 min.**

SERVINGS

**4**

CALORIES

**584 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 bay leaves



1 carrots cut into thin slices



0.5 teaspoon coriander seeds



0.8 teaspoon thyme leaves dried



2 cups cooking wine dry white



1 clove garlic smashed



0.3 teaspoon fresh-ground pepper black



2 pounds mackerel

- ☐ 3 tablespoons olive oil
- ☐ 2 onions cut in half lengthwise and then crosswise into thin slices
- ☐ 8 sprigs parsley
- ☐ 8 peppercorns
- ☐ 1 teaspoon salt
- ☐ 3 tablespoons red-wine vinegar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ aluminum foil

Directions

- ☐ In a medium stainless-steel saucepan, combine the wine, vinegar, oil, onions, carrot, garlic, thyme, coriander, peppercorns, parsley, bay leaves, and salt. Cover and bring to a boil. Reduce the heat to moderately low and cook for 10 minutes.
- ☐ Oil a heavy flameproof 9-by-13-inch stainless-steel or enamel pan.
- ☐ Put the fish, skin-side down, in the pan in an even layer.
- ☐ Pour the hot wine broth on the fish, spread the vegetables over the fillets in an even layer, and sprinkle with the ground pepper. Cover with aluminum foil and bring to a simmer over moderately high heat. Reduce the heat and cook at a gentle simmer until the fish is just done, about 10 minutes for 1/2-inch-thick fillets.
- ☐ Remove the parsley and bay leaves.
- ☐ Serve in shallow bowls.
- ☐ Fish Alternative: Another flavorful fish such as bluefish or shad would be good here. Because these fillets are thicker, you'll need to poach them a few minutes longer.
- ☐ Wine Recommendation: Look for something acidic and refreshing to drink alongside this rich fish. Try a bottle of white wine from the Loire Valley in France--either a Muscadet de Svre-et-Maine or a slightly more full-bodied Sancerre or other wine made from sauvignon blanc grapes.

Nutrition Facts

PROTEIN 38.32% FAT 52.93% CARBS 8.75%

Properties

Glycemic Index:53.71, Glycemic Load:2.22, Inflammation Score:-10, Nutrition Score:36.753043402796%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 11.26mg, Quercetin: 11.26mg, Quercetin: 11.26mg, Quercetin: 11.26mg

Nutrients (% of daily need)

Calories: 584.02kcal (29.2%), Fat: 28.58g (43.97%), Saturated Fat: 6.59g (41.19%), Carbohydrates: 10.63g (3.54%), Net Carbohydrates: 8.91g (3.24%), Sugar: 4.24g (4.71%), Cholesterol: 106.59mg (35.53%), Sodium: 216.39mg (9.41%), Alcohol: 12.36g (100%), Alcohol %: 3.54% (100%), Protein: 46.55g (93.09%), Vitamin B12: 9.98µg (166.32%), Vitamin D: 20.64µg (137.59%), Selenium: 83.39µg (119.13%), Vitamin B3: 19.26mg (96.32%), Vitamin B2: 1mg (58.92%), Vitamin A: 2869.92IU (57.4%), Vitamin B6: 0.91mg (45.47%), Vitamin K: 45.82µg (43.64%), Potassium: 1162.95mg (33.23%), Phosphorus: 331.56mg (33.16%), Vitamin E: 3.92mg (26.16%), Magnesium: 86.32mg (21.58%), Iron: 3.69mg (20.49%), Vitamin B1: 0.3mg (19.88%), Manganese: 0.35mg (17.66%), Vitamin C: 12.63mg (15.3%), Copper: 0.26mg (12.95%), Zinc: 1.86mg (12.37%), Calcium: 92.72mg (9.27%), Vitamin B5: 0.9mg (8.97%), Fiber: 1.71g (6.85%), Folate: 22.8µg (5.7%)