



Mackerel with Crushed Potatoes and Oregano



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



625 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 4 garlic clove crushed peeled
- ☐ 4 servings kosher salt
- ☐ 1 teaspoon juice of lemon fresh ()
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 24 ounce mackerel
- ☐ 5 tablespoons olive oil divided
- ☐ 2 tablespoons oregano fresh

- ☐ 4 servings sea salt (such as Maldon)
- ☐ 1 cup nonfat greek yogurt plain
- ☐ 2 pounds potato (such as baby Yukon Gold)
- ☐ 1 teaspoon citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ broiler
- ☐ measuring cup

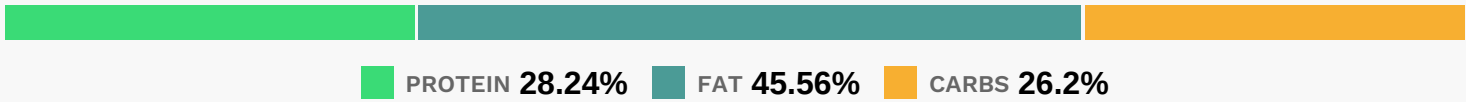
Directions

- ☐ Place potatoes in a large pot, add water to cover, and season with kosher salt. Bring to a boil, reduce heat, and simmer until tender, 10–12 minutes.
- ☐ Drain; let cool slightly.
- ☐ Meanwhile, preheat broiler.
- ☐ Whisk yogurt, lemon juice, and vinegar in a small bowl; season with kosher salt and pepper. Set yogurt sauce aside.
- ☐ Place potatoes on a broiler-proof rimmed baking sheet and, using the bottom of a small bowl or measuring cup, press potatoes to flatten slightly.
- ☐ Add garlic, drizzle with 4 tablespoons oil, and toss to coat; season with kosher salt and pepper. Broil potatoes until golden brown, 10–12 minutes.
- ☐ Rub skin side of mackerel with remaining 1 tablespoon oil; season with kosher salt and pepper.
- ☐ Place, skin side up, on top of potatoes and broil until fish is opaque throughout and skin is crisp, 10–12 minutes.
- ☐ Remove from oven and top with oregano and lemon zest.
- ☐ Spoon yogurt sauce onto each plate and top with potatoes and fish; sprinkle with sea salt.

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Black bass, branzino, snapper, or trout fillets

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.32, Inflammation Score:-10, Nutrition Score:38.879564938338%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 624.8kcal (31.24%), Fat: 31.55g (48.54%), Saturated Fat: 6.41g (40.09%), Carbohydrates: 40.83g (13.61%), Net Carbohydrates: 35.77g (13.01%), Sugar: 4.75g (5.27%), Cholesterol: 82.45mg (27.48%), Sodium: 594.33mg (25.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.01g (88.03%), Vitamin B12: 7.83µg (130.57%), Vitamin D: 15.48µg (103.19%), Selenium: 68.72µg (98.17%), Vitamin B3: 17mg (85.02%), Vitamin B2: 0.94mg (55.54%), Potassium: 1840.71mg (52.59%), Vitamin B6: 1.04mg (52.19%), Phosphorus: 427.68mg (42.77%), Vitamin K: 33.04µg (31.47%), Vitamin E: 4.71mg (31.41%), Vitamin C: 25.03mg (30.35%), Magnesium: 110.9mg (27.73%), Manganese: 0.54mg (26.96%), Iron: 4.76mg (26.42%), Vitamin B1: 0.39mg (26.31%), Copper: 0.5mg (24.89%), Fiber: 5.06g (20.25%), Calcium: 164.34mg (16.43%), Zinc: 2.26mg (15.06%), Vitamin B5: 1.38mg (13.81%), Folate: 54.07µg (13.52%), Vitamin A: 167IU (3.34%)