



WHATSheATE



HEALTH SCORE

89%

Mackerel with curry spices



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



40 min.

SERVINGS



6

CALORIES



788 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



6 medium mackerel dried rinsed cleaned



4 tbsp curry paste red



3 tbsp olive oil



3 juice of lemon



1 small handful cilantro leaves fresh roughly chopped

Equipment



baking sheet



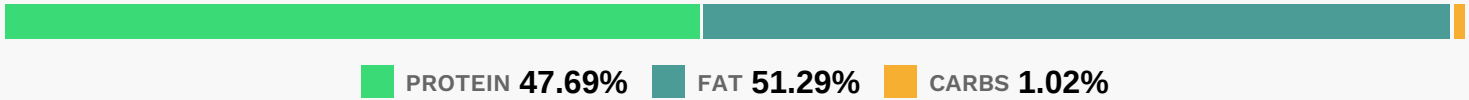
oven

☐ aluminum foil

Directions

- ☐ Preheat the oven to fan 180C/ conventional 200C/gas
- ☐ Make 4–5 deep diagonal slashes along both sides of each fish.
- ☐ Mix the curry paste with the olive oil and the juice of 1 lemon then rub all over the fish and into the cuts.
- ☐ Cut six 65 x 30cm sheets of foil and fold each one in half to make a rough square.
- ☐ Lay a fish on top of each square, squeeze over the rest of the lemon juice and sprinkle with coriander.
- ☐ Loosely wrap the foil around the fish, and seal the edges tightly.
- ☐ Put the parcels on a baking sheet and bake in the oven for about 20 minutes.
- ☐ Transfer the fish to plates with the juice drizzled over, or give each person a parcel.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0, Inflammation Score:-9, Nutrition Score:41.589130619298%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 787.83kcal (39.39%), Fat: 43.27g (66.58%), Saturated Fat: 11.39g (71.21%), Carbohydrates: 1.95g (0.65%), Net Carbohydrates: 1.52g (0.55%), Sugar: 1.09g (1.22%), Cholesterol: 211.5mg (70.5%), Sodium: 387.78mg (16.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 90.53g (181.06%), Vitamin B12: 19.8µg (330%), Vitamin D: 40.95µg (273%), Selenium: 164.27µg (234.67%), Vitamin B3: 37.46mg (187.31%), Vitamin B2: 1.9mg (111.64%), Vitamin B6: 1.49mg (74.64%), Phosphorus: 564.02mg (56.4%), Potassium: 1845.99mg (52.74%), Vitamin A: 1899.89IU (38%), Vitamin E: 5.55mg (36.98%), Vitamin B1: 0.5mg (33.57%), Magnesium: 127.07mg (31.77%), Iron: 5.54mg (30.79%), Copper: 0.42mg (21.12%), Zinc: 3.03mg (20.17%), Vitamin C: 15.82mg (19.18%), Vitamin B5: 1.45mg

(14.45%), Calcium: 118.92mg (11.89%), Vitamin K: 6.73µg (6.41%), Manganese: 0.07mg (3.61%), Folate: 12.41µg (3.1%),
Fiber: 0.43g (1.73%)