



HEALTH SCORE

100%

Mackerel with Herb Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 tablespoon balsamic vinegar



2 cups parsley fresh



0.8 cup tarragon fresh



0.5 teaspoon garlic grated



24 ounce mackerel



2 tablespoons olive oil extra virgin extra-virgin



1 teaspoon orange zest grated



1 cup orange sections (2 medium)

- ☐ 3.5 teaspoons salt divided
- ☐ 1 teaspoon sugar
- ☐ 1 cup onion sweet thinly sliced
- ☐ 0.7 cup walnuts toasted coarsely chopped
- ☐ 1 cup water cold

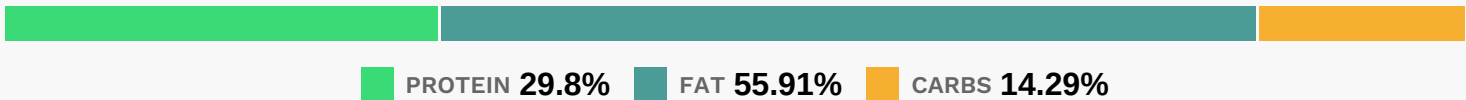
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Combine 1 cup water, 1 tablespoon salt, and sugar in a shallow dish.
- ☐ Add fillets; let stand 15 minutes.
- ☐ Remove fillets; pat dry. Discard brine.
- ☐ Place fillets, skin side down, on a grill rack coated with cooking spray. Grill 10 minutes or until desired degree of doneness. (Do not turn fillets.) Keep warm.
- ☐ Combine parsley leaves, onion slices, orange rind, orange sections, and tarragon in a bowl.
- ☐ Sprinkle herb mixture with 1/4 teaspoon salt; toss.
- ☐ Combine walnuts and remaining ingredients, stirring with a whisk until blended. Stir in remaining 1/4 teaspoon salt.
- ☐ Place 1 fillet on each of 4 plates; top each serving with 1 cup herb mixture.
- ☐ Drizzle 2 tablespoons walnut mixture over each serving.

Nutrition Facts



Properties

Glycemic Index:78.65, Glycemic Load:6.3, Inflammation Score:-10, Nutrition Score:49.232174334319%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg Naringenin: 6.89mg, Naringenin: 6.89mg, Naringenin: 6.89mg, Naringenin: 6.89mg Apigenin: 64.64mg, Apigenin: 64.64mg, Apigenin: 64.64mg, Apigenin: 64.64mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 4.98mg, Myricetin: 4.98mg, Myricetin: 4.98mg, Myricetin: 4.98mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

Nutrients (% of daily need)

Calories: 539.54kcal (26.98%), Fat: 34.16g (52.55%), Saturated Fat: 6.21g (38.81%), Carbohydrates: 19.63g (6.54%), Net Carbohydrates: 15.12g (5.5%), Sugar: 8.58g (9.53%), Cholesterol: 79.95mg (26.65%), Sodium: 2211.5mg (96.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.96g (81.93%), Vitamin K: 497.04µg (473.37%), Vitamin B12: 7.48µg (124.74%), Vitamin D: 15.48µg (103.19%), Selenium: 63.99µg (91.41%), Vitamin C: 74.99mg (90.9%), Vitamin B3: 15.81mg (79.03%), Manganese: 1.56mg (77.98%), Vitamin A: 3141.97IU (62.84%), Vitamin B2: 0.93mg (54.7%), Vitamin B6: 1.01mg (50.4%), Iron: 7.73mg (42.97%), Potassium: 1368.18mg (39.09%), Phosphorus: 345.96mg (34.6%), Magnesium: 136.05mg (34.01%), Copper: 0.63mg (31.7%), Folate: 117.17µg (29.29%), Vitamin B1: 0.36mg (24.13%), Calcium: 240.23mg (24.02%), Vitamin E: 3.16mg (21.07%), Fiber: 4.51g (18.02%), Zinc: 2.54mg (16.93%), Vitamin B5: 0.93mg (9.25%)