



HEALTH SCORE

100%

Mackerel with orange & harissa glaze



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



2

CALORIES



804 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 600 g mackerel
- ☐ 2 tbsp flour plain
- ☐ 0.5 tsp paprika smoked
- ☐ 2 tbsp olive oil extra virgin extra-virgin
- ☐ 1 small orange zest grated
- ☐ 1 tsp harissa to taste (, as brands vary)
- ☐ 50 g pinenuts toasted
- ☐ 1 small bunch cilantro leaves roughly chopped

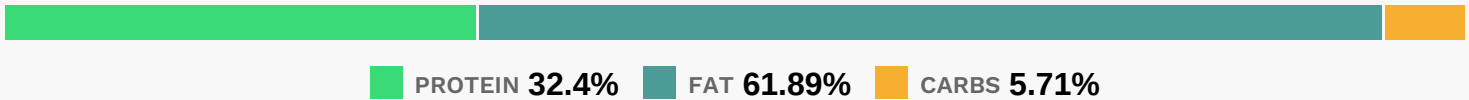
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Roll the mackerel fillets in the flour sifted with smoked paprika and seasoning. Shake off excess flour and set the fish aside in a single layer.
- ☐ Put 1 tbsp of the olive oil, the orange zest and juice and the harissa paste into a small bowl, and whisk together.
- ☐ Heat a frying pan with remaining olive oil until very hot. Fry the fish fillets for 5 mins, first on the skin side, then on the flesh side.
- ☐ When the fish is nearly cooked it should look firm pour over the orange and harissa glaze, bring to the boil and allow the liquid to bubble until sticky.
- ☐ Sprinkle over the pine nuts and coriander.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:4.17, Inflammation Score:-8, Nutrition Score:45.298261144887%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 803.76kcal (40.19%), Fat: 54.95g (84.54%), Saturated Fat: 9.92g (62.02%), Carbohydrates: 11.41g (3.8%), Net Carbohydrates: 9.3g (3.38%), Sugar: 1.34g (1.49%), Cholesterol: 141mg (47%), Sodium: 294.79mg (12.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 64.72g (129.44%), Vitamin B12: 13.2µg (220%), Vitamin D: 27.3µg (182%), Selenium: 112.37µg (160.53%), Vitamin B3: 26.69mg (133.45%), Manganese: 2.32mg (116.08%), Vitamin B2: 1.38mg (80.98%), Phosphorus: 532.9mg (53.29%), Vitamin B6: 1.05mg (52.4%), Vitamin E: 7.66mg (51.08%), Potassium: 1429.63mg (40.85%), Magnesium: 151.95mg (37.99%), Vitamin K: 35.16µg (33.48%), Vitamin B1: 0.5mg

(33.11%), Copper: 0.64mg (32.06%), Iron: 5.53mg (30.74%), Zinc: 3.74mg (24.9%), Vitamin C: 15.84mg (19.21%), Vitamin A: 751.64IU (15.03%), Vitamin B5: 1.12mg (11.24%), Calcium: 88.25mg (8.82%), Fiber: 2.1g (8.44%), Folate: 32.97µg (8.24%)