



Maple-Soy-Glazed Mackerel Fillets with Avocado



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large firm-ripe california avocado
- ☐ 0.1 teaspoon pepper black
- ☐ 0.5 cup cooking sherry dry
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 4 servings accompaniments: rice; lemon wedges
- ☐ 0.5 cup grade b maple syrup dark
- ☐ 2 teaspoons olive oil extra-virgin

- ☐ 0.7 cup rice vinegar (not seasoned)
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup soya sauce
- ☐ 28 oz mackerel spanish with skin (1/)

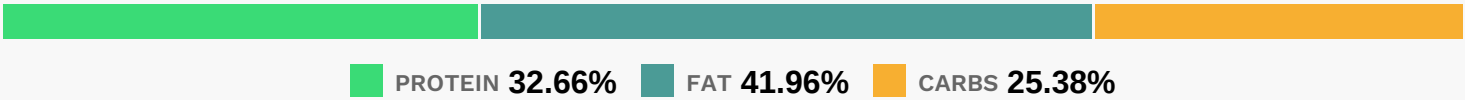
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Briskly simmer vinegar, soy sauce, Sherry, and maple syrup in a 9- to 10-inch heavy skillet over moderately low heat until reduced to about 1/3 cup, 20 to 25 minutes. Keep warm.
- ☐ Quarter avocado lengthwise, then pit and peel.
- ☐ Cut lengthwise into 1/2-inch-thick slices, then gently toss together with lemon juice, oil, salt, and pepper in a small bowl.
- ☐ Preheat broiler. Line a large (15- by 10-inch) shallow baking pan with foil. 3Reserve about one fourth of glaze in a small bowl.
- ☐ Arrange fillets, skin sides down, in 1 layer in baking pan. Spoon about one third of remaining glaze over fillet, then spread with back of spoon to coat evenly.
- ☐ Broil fish 5 to 6 inches from heat, without turning, 2 minutes.
- ☐ Remove pan from broiler and coat with another layer of glaze, then broil 2 minutes more.
- ☐ Remove fillets from broiler and apply a third coat of glaze, then broil 1 minute more (for a total of 5 minutes).
- ☐ Remove from broiler and, with a clean spoon, apply reserved glaze. (Reserved glaze will not have touched uncooked fish.)
- ☐ Divide avocado salad among 4 plates, then serve fish alongside it.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:10.62, Inflammation Score:-6, Nutrition Score:36.811738988628%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 570.95kcal (28.55%), Fat: 25.08g (38.59%), Saturated Fat: 5.81g (36.32%), Carbohydrates: 34.12g (11.37%), Net Carbohydrates: 30.47g (11.08%), Sugar: 25.34g (28.15%), Cholesterol: 93.27mg (31.09%), Sodium: 1945.53mg (84.59%), Alcohol: 3.09g (100%), Alcohol %: 0.99% (100%), Protein: 43.93g (87.86%), Vitamin B12: 8.73µg (145.53%), Vitamin D: 18.06µg (120.39%), Selenium: 73.12µg (104.45%), Vitamin B3: 18.6mg (93%), Vitamin B2: 1.46mg (85.95%), Manganese: 1.24mg (61.95%), Vitamin B6: 0.86mg (42.96%), Potassium: 1228.43mg (35.1%), Phosphorus: 319.45mg (31.94%), Magnesium: 93.96mg (23.49%), Vitamin E: 3.32mg (22.12%), Vitamin B1: 0.3mg (20.01%), Iron: 3.43mg (19.07%), Copper: 0.32mg (16.23%), Fiber: 3.65g (14.6%), Vitamin B5: 1.45mg (14.54%), Zinc: 2.1mg (14.01%), Vitamin C: 10.49mg (12.72%), Folate: 50.81µg (12.7%), Vitamin K: 12.18µg (11.6%), Calcium: 107.39mg (10.74%), Vitamin A: 197.11IU (3.94%)