 **81%**
HEALTH SCORE

Minted Mackerel and Mushroom Escabeche

 Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon coriander seeds crushed
- 0.5 cup vermouth dry
- 2 tablespoons flour all-purpose
- 0.3 pound mushrooms wild mixed fresh sliced
- 1 tablespoon juice of lemon fresh
- 4 strips lemon zest
- 0.5 cup mint leaves coarsely chopped
- 0.5 cup olive oil extra-virgin divided

- 1 onion red sliced into thin rounds
- 0.1 teaspoon pepper flakes red hot
- 24 ounces mackerel spanish
- 3 tablespoons white-wine vinegar

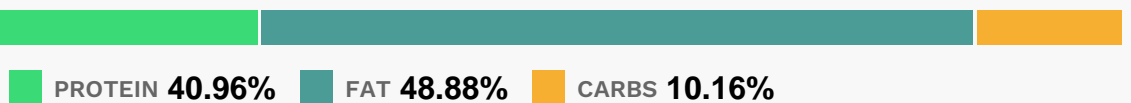
Equipment

- frying pan
- baking pan

Directions

- Pat fish dry and season with 1/2 teaspoon each of salt and pepper, then dredge in flour, shaking off excess.
- Heat 3 tablespoons oil in a 12-inch heavy skillet over high heat until it shimmers. Cook fish, skin side down first, turning once, until cooked through, crisp, and golden on both sides, 3 to 4 minutes total.
- Transfer fish to a large baking dish (not aluminum) and wipe out skillet.
- Add remaining 1/2 cup oil to skillet and cook onion over medium heat, stirring occasionally, until softened, 3 to 4 minutes.
- Add mushrooms, coriander, red pepper flakes, zest, and 1/2 teaspoon salt and cook, stirring occasionally, until mushrooms are golden, about 5 minutes. Stir in vermouth.
- Remove from heat and stir in vinegar and lemon juice, then pour over fish. Cool to room temperature, about 30 minutes.
- Transfer fish to plates. Stir mint into mushroom mixture and spoon over fish.
- Serve at room temperature.
- Escabeche can marinate, chilled, 1 day.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:2.84, Inflammation Score:-7, Nutrition Score:28.573912931525%

Flavonoids

Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 379.67kcal (18.98%), Fat: 19.1g (29.38%), Saturated Fat: 4.62g (28.87%), Carbohydrates: 8.93g (2.98%), Net Carbohydrates: 7.39g (2.69%), Sugar: 1.88g (2.09%), Cholesterol: 79.95mg (26.65%), Sodium: 152.84mg (6.65%), Alcohol: 2.85g (100%), Alcohol %: 1.17% (100%), Protein: 36.01g (72.02%), Vitamin B12: 7.5µg (124.93%), Vitamin D: 15.54µg (103.57%), Selenium: 66.22µg (94.6%), Vitamin B3: 15.54mg (77.72%), Vitamin B2: 0.87mg (51.39%), Vitamin B6: 0.64mg (31.87%), Phosphorus: 255.66mg (25.57%), Potassium: 871.2mg (24.89%), Vitamin B1: 0.26mg (17.38%), Vitamin E: 2.52mg (16.81%), Iron: 2.78mg (15.42%), Magnesium: 60mg (15%), Copper: 0.29mg (14.43%), Vitamin C: 10.67mg (12.94%), Vitamin B5: 1.04mg (10.4%), Zinc: 1.44mg (9.63%), Manganese: 0.18mg (8.87%), Vitamin A: 364.22IU (7.28%), Folate: 27.62µg (6.9%), Calcium: 64.8mg (6.48%), Fiber: 1.55g (6.18%), Vitamin K: 3.61µg (3.44%)