



Peppered mackerel, new potato & watercress salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



197 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

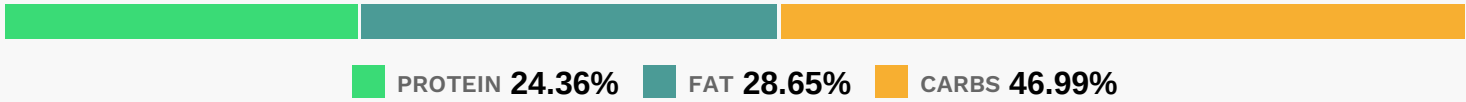
- ☐ 750 g baby potatoes halved
- ☐ 5 tbsp mayonnaise light
- ☐ 1 small bunch chives snipped
- ☐ 100 g watercress
- ☐ 270 g mackerel

Equipment

Directions

- ☐ Cook the potatoes in plenty of boiling salted water until tender, about 15 mins.
- ☐ Drain and allow to cool for 10 mins. Make the dressing by mixing the mayo with most of the chives.
- ☐ Scatter half the watercress across a big platter or plate, chop the rest roughly and mix with half of the mackerel, the potatoes and mayo. Toss so that everything is covered in the dressing.
- ☐ Pile the mackerel-potato mix on top of the watercress, then top with the rest of the mackerel and chives.

Nutrition Facts



Properties

Glycemic Index:26.79, Glycemic Load:16.03, Inflammation Score:-6, Nutrition Score:16.547391228054%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 4.91mg, Kaempferol: 4.91mg, Kaempferol: 4.91mg, Kaempferol: 4.91mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg

Nutrients (% of daily need)

Calories: 197.15kcal (9.86%), Fat: 6.27g (9.65%), Saturated Fat: 1.45g (9.07%), Carbohydrates: 23.16g (7.72%), Net Carbohydrates: 20.31g (7.38%), Sugar: 1.44g (1.6%), Cholesterol: 23.02mg (7.67%), Sodium: 149.54mg (6.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12g (24.01%), Vitamin K: 51.77µg (49.31%), Vitamin C: 33.08mg (40.1%), Vitamin B12: 1.98µg (33%), Vitamin D: 4.09µg (27.3%), Vitamin B6: 0.54mg (27%), Vitamin B3: 5.1mg (25.5%), Selenium: 17.26µg (24.66%), Potassium: 769.54mg (21.99%), Vitamin B2: 0.25mg (14.72%), Phosphorus: 139.64mg (13.96%), Manganese: 0.24mg (12.1%), Vitamin A: 599.42IU (11.99%), Fiber: 2.85g (11.4%), Magnesium: 45.36mg (11.34%), Vitamin B1: 0.17mg (11.09%), Copper: 0.19mg (9.65%), Iron: 1.56mg (8.65%), Vitamin E: 0.89mg (5.91%), Folate: 23.57µg (5.89%), Vitamin B5: 0.57mg (5.73%), Calcium: 46.66mg (4.67%), Zinc: 0.69mg (4.63%)