

 88%
HEALTH SCORE

Roasted Mackerel with Garlic and Paprika



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



877 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tsp dijon mustard
- ☐ 0.3 cup olive oil extra virgin
- ☐ 2 garlic clove peeled
- ☐ 8 fillet mackerel
- ☐ 1 pound baby potatoes
- ☐ 4 servings olive oil
- ☐ 2 tsp paprika
- ☐ 1 pinch saffron threads

- ☐ 2 spring onion trimmed thinly sliced
- ☐ 1 tsp sea salt plus more to taste
- ☐ 4 servings pepper black freshly ground
- ☐ 1 Tbsp citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mortar and pestle

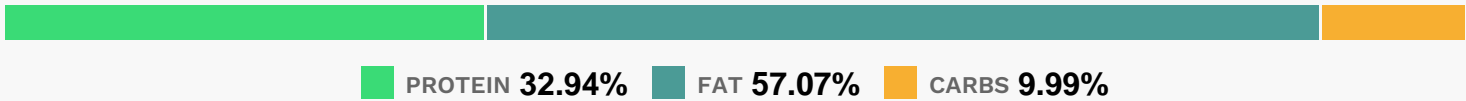
Directions

- ☐ Preheat the oven to 400°F.
- ☐ Put the garlic and paprika into a mortar, add the salt, and pound to a smooth paste.
- ☐ Add a few drops of olive oil, then rub the flesh side of the mackerel fillets with the paste and set aside.
- ☐ Make the vinaigrette. Put all the ingredients into a small bowl and whisk together with a fork. Season with salt and pepper to taste.
- ☐ Line a baking sheet with parchment paper and brush lightly with olive oil.
- ☐ Lay the mackerel fillets skin side up on the paper and season the skin with sea salt. Roast for 8–10 minutes until the skin is crisp and the fish is cooked through.
- ☐ Remove from the oven and leave to rest.
- ☐ Meanwhile, boil the potatoes in a large pan of salted water for about 15 minutes until tender, then drain. Return to the pan with 1 tablespoon of olive oil. Crush lightly with the back of a fork, then add the scallions and stir to combine. Season with salt, then add a couple of tablespoons of the vinaigrette.

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Serve the crushed potatoes topped with the mackerel and a drizzle of the remaining vinaigrette.

Nutrition Facts



Properties

Glycemic Index:73.69, Glycemic Load:14.79, Inflammation Score:-8, Nutrition Score:43.427391176638%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 876.77kcal (43.84%), Fat: 54.64g (84.06%), Saturated Fat: 11.5g (71.86%), Carbohydrates: 21.52g (7.17%), Net Carbohydrates: 18.35g (6.67%), Sugar: 1.18g (1.31%), Cholesterol: 159.8mg (53.27%), Sodium: 897.21mg (39.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70.96g (141.93%), Vitamin B12: 14.96µg (249.33%), Vitamin D: 30.94µg (206.27%), Selenium: 125.19µg (178.85%), Vitamin B3: 29.65mg (148.25%), Vitamin B2: 1.49mg (87.61%), Vitamin B6: 1.5mg (75.23%), Potassium: 1911.87mg (54.62%), Vitamin E: 7.75mg (51.64%), Phosphorus: 499.6mg (49.96%), Vitamin C: 30.78mg (37.31%), Vitamin B1: 0.48mg (32.05%), Magnesium: 125.87mg (31.47%), Vitamin K: 32.6µg (31.05%), Iron: 5.39mg (29.96%), Copper: 0.46mg (22.97%), Zinc: 2.71mg (18.06%), Vitamin A: 840.94IU (16.82%), Manganese: 0.3mg (15.11%), Vitamin B5: 1.46mg (14.58%), Fiber: 3.16g (12.65%), Calcium: 103.58mg (10.36%), Folate: 29.51µg (7.38%)