



Smoked haddock rarebit

READY IN



30 min.

SERVINGS



2

CALORIES



1548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 300 g haddock smoked
- ☐ 100 ml full-fat milk
- ☐ 25 g butter
- ☐ 25 g flour
- ☐ 75 ml ale
- ☐ 1 tsp wholegrain mustard
- ☐ 50 g strong cheddar
- ☐ 2 chunky loaf country-style lightly toasted

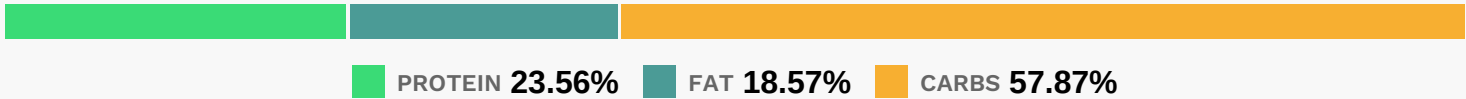
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Place the fish in a pan and pour over the milk. Bring to a simmer and gently poach for 2 mins until opaque and just cooked. Lift out the fish, remove the skin and flake. Reserve the milk.
- ☐ Heat grill to high. Melt the butter in a small pan, then stir in the flour for 1 min. Gradually whisk in the reserved milk, followed by the ale or beer. Cook, whisking all the time, until the sauce is thickened and smooth. Stir in the mustard and most of the cheese and season with pepper.
- ☐ Top the bread with the fish, spoon over the sauce and scatter with the remaining cheese. Grill until golden and bubbling.

Nutrition Facts



Properties

Glycemic Index:171.5, Glycemic Load:168.56, Inflammation Score:-10, Nutrition Score:53.401304255766%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 1547.67kcal (77.38%), Fat: 31.61g (48.64%), Saturated Fat: 14.59g (91.16%), Carbohydrates: 221.62g (73.87%), Net Carbohydrates: 212.38g (77.23%), Sugar: 21.12g (23.47%), Cholesterol: 173.56mg (57.85%), Sodium: 3845.22mg (167.18%), Alcohol: 1.46g (100%), Alcohol %: 0.27% (100%), Protein: 90.24g (180.47%), Selenium: 192.24µg (274.63%), Vitamin B1: 3.05mg (203.46%), Vitamin B3: 27.91mg (139.53%), Folate: 545.42µg (136.35%), Vitamin B2: 2.04mg (119.99%), Manganese: 2.24mg (112.21%), Iron: 18.41mg (102.28%), Phosphorus: 987.52mg (98.75%), Magnesium: 228.38mg (57.1%), Vitamin B6: 1.1mg (55.08%), Calcium: 529.62mg (52.96%), Vitamin B12:

2.97µg (49.54%), Zinc: 6.16mg (41.05%), Fiber: 9.24g (36.98%), Copper: 0.7mg (35.07%), Potassium: 1217.32mg (34.78%), Vitamin B5: 1.98mg (19.78%), Vitamin A: 768.19IU (15.36%), Vitamin E: 2.18mg (14.56%), Vitamin D: 1.92µg (12.78%), Vitamin K: 4.65µg (4.43%)