



HEALTH SCORE

88%

Smoked mackerel & beetroot toast topper



Very Healthy

READY IN



20 min.

SERVINGS



1

CALORIES



533 kcal

Ingredients

- ☐ 2 small beets cooked
- ☐ 25 g cream
- ☐ 0.5 juice of lemon
- ☐ 1 shallots thinly sliced
- ☐ 2 slices buttered toast
- ☐ 1 fillet mackerel smoked
- ☐ 1 serving optional: dill chopped

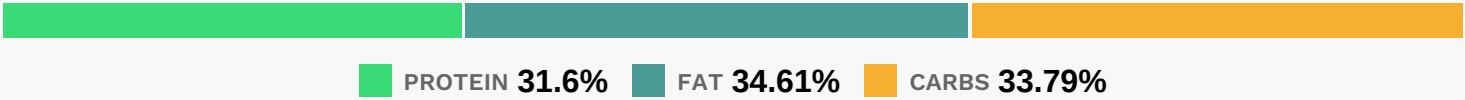
Equipment

- ☐ bowl

Directions

☐ Slice beetroot into wedges. In a bowl, mix the beetroot, soured cream, juice and zest of lemon and shallot. Spoon onto toast. Flake mackerel fillet over and scatter with dill.

Nutrition Facts



Properties

Glycemic Index:109, Glycemic Load:7.51, Inflammation Score:-8, Nutrition Score:37.371304636416%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 532.86kcal (26.64%), Fat: 20.34g (31.29%), Saturated Fat: 6.65g (41.56%), Carbohydrates: 44.68g (14.89%), Net Carbohydrates: 38.53g (14.01%), Sugar: 15.42g (17.14%), Cholesterol: 95.09mg (31.7%), Sodium: 534.64mg (23.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.78g (83.57%), Vitamin B12: 7.54µg (125.69%), Selenium: 77.98µg (111.4%), Vitamin D: 15.47µg (103.13%), Vitamin B3: 16.46mg (82.3%), Vitamin B2: 0.97mg (57.27%), Folate: 225.81µg (56.45%), Vitamin B6: 0.79mg (39.64%), Manganese: 0.78mg (39.15%), Potassium: 1366.28mg (39.04%), Phosphorus: 353.09mg (35.31%), Vitamin B1: 0.44mg (29.43%), Iron: 4.97mg (27.63%), Magnesium: 102.25mg (25.56%), Fiber: 6.15g (24.59%), Vitamin C: 18.86mg (22.87%), Copper: 0.36mg (18.02%), Calcium: 151.07mg (15.11%), Zinc: 2.15mg (14.36%), Vitamin E: 1.99mg (13.29%), Vitamin B5: 1.07mg (10.69%), Vitamin A: 320.27IU (6.41%), Vitamin K: 2.54µg (2.42%)