



Smoked mackerel & horseradish cups



Gluten Free



Very Healthy

READY IN



20 min.

SERVINGS



12

CALORIES



161 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 100 g curd cottage cheese
- ☐ 1 tbsp horseradish
- ☐ 50 ml cream
- ☐ 3 fillet mackerel smoked
- ☐ 1 small handful chives chopped
- ☐ 0.5 juice of lemon
- ☐ 12 large endive white red

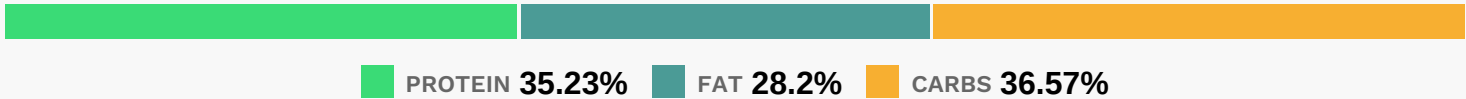
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Mix together the cottage cheese, horseradish and soured cream, and leave to sit for 10 mins.
- ☐ Remove skin and any bones from the mackerel, break into thumb-sized pieces and pop into a food processor. Pulse briefly to break up the chunks; it shouldnt be too fine. Turn out into a large bowl.
- ☐ Mix the chives into the mackerel evenly, then fold in the cream mixture and lemon juice. Chill in the fridge for 20 mins.
- ☐ To serve, spoon some mackerel mix into each chicory leaf. Arrange on a large plate with lemon halves and serve with some drinks.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:0.62, Inflammation Score:-10, Nutrition Score:39.700434684753%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 45.48mg, Kaempferol: 45.48mg, Kaempferol: 45.48mg, Kaempferol: 45.48mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 160.81kcal (8.04%), Fat: 5.41g (8.33%), Saturated Fat: 1.73g (10.78%), Carbohydrates: 15.79g (5.26%), Net Carbohydrates: 1.78g (0.65%), Sugar: 1.62g (1.8%), Cholesterol: 23.78mg (7.93%), Sodium: 168.33mg (7.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.21g (30.42%), Vitamin K: 1040.33µg (990.79%), Vitamin A: 9829.36IU (196.59%), Folate: 642.41µg (160.6%), Manganese: 1.9mg (95%), Fiber: 14g (56.01%), Potassium: 1604.63mg (45.85%), Vitamin B5: 4.25mg (42.48%), Vitamin C: 31.13mg (37.73%), Vitamin B12: 1.91µg (31.91%), Vitamin B2: 0.54mg (31.63%), Vitamin B1: 0.41mg (27.39%), Vitamin B3: 5.36mg (26.78%), Zinc: 3.9mg (26%), Vitamin D: 3.88µg (25.84%), Calcium: 255.86mg (25.59%), Selenium: 17.41µg (24.87%), Copper: 0.49mg (24.48%), Iron: 4.25mg (23.6%), Magnesium: 81.02mg (20.26%), Phosphorus: 196.13mg (19.61%), Vitamin E: 2.43mg (16.2%), Vitamin B6: 0.24mg (11.88%)