



HEALTH SCORE

65%

Smoked mackerel loaded leaves



Gluten Free



Very Healthy

READY IN



15 min.

SERVINGS



8

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

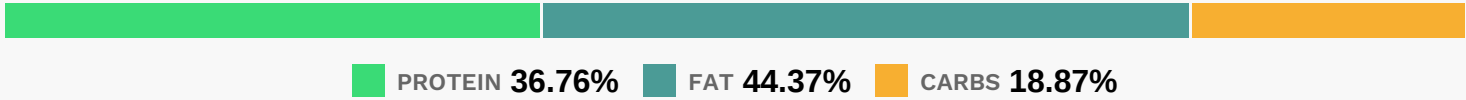
- ☐ 200 g mackerel smoked skinless flaked
- ☐ 4 tbsp crème fraîche
- ☐ 0.5 juice of lemon
- ☐ 1 small bunch chives snipped
- ☐ 1 small handful optional: dill chopped
- ☐ 1 small radicchio thinly separated
- ☐ 1 endive separated

Equipment

Directions

- ☐ Gently mix the mackerel flakes with the crme frache, lemon juice, half the herbs and some pepper (but no salt smoked mackerel is salty enough). Chill until ready to serve.
- ☐ Spoon a generous amount of the mixture into each leaf, then arrange on plates.
- ☐ Sprinkle each scoop with the remaining fresh herbs and a pinch of the lemon zest, then serve.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:0.07, Inflammation Score:-8, Nutrition Score:13.642608746238%

Flavonoids

Cyanidin: 23.81mg, Cyanidin: 23.81mg, Cyanidin: 23.81mg, Cyanidin: 23.81mg Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 7.12mg, Luteolin: 7.12mg, Luteolin: 7.12mg, Luteolin: 7.12mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 5.75mg, Kaempferol: 5.75mg, Kaempferol: 5.75mg, Kaempferol: 5.75mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 65.87kcal (3.29%), Fat: 3.31g (5.09%), Saturated Fat: 1.21g (7.55%), Carbohydrates: 3.16g (1.05%), Net Carbohydrates: 1.23g (0.45%), Sugar: 0.51g (0.57%), Cholesterol: 15.29mg (5.1%), Sodium: 39.97mg (1.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.16g (12.32%), Vitamin K: 178.93µg (170.41%), Vitamin A: 1308.41IU (26.17%), Folate: 93.07µg (23.27%), Vitamin B12: 1.11µg (18.54%), Vitamin D: 2.28µg (15.17%), Selenium: 9.63µg (13.76%), Manganese: 0.27mg (13.51%), Vitamin B3: 2.37mg (11.83%), Potassium: 346.58mg (9.9%), Vitamin B2: 0.16mg (9.65%), Vitamin C: 6.83mg (8.28%), Fiber: 1.93g (7.73%), Copper: 0.15mg (7.26%), Vitamin B5: 0.66mg (6.6%), Vitamin E: 0.95mg (6.32%), Phosphorus: 59.58mg (5.96%), Vitamin B6: 0.11mg (5.43%), Vitamin B1: 0.08mg (5.19%), Zinc: 0.75mg (5.02%), Iron: 0.89mg (4.92%), Magnesium: 18.87mg (4.72%), Calcium: 45.46mg (4.55%)