



WHATSheATE



HEALTH SCORE

73%

Smoked mackerel, orange & couscous salad



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



442 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

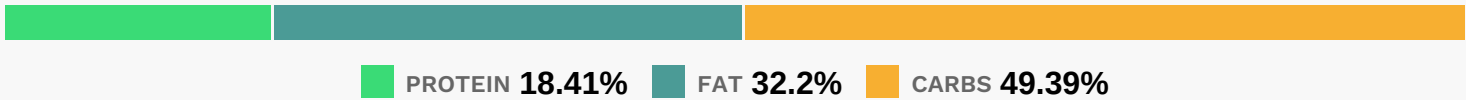
- ☐ 200 g couscous canned
- ☐ 3 cranberry-orange relish juiced peeled thinly sliced
- ☐ 3 tbsp red wine vinegar
- ☐ 1 tsp sugar
- ☐ 3 tbsp olive oil
- ☐ 1 onion red finely chopped
- ☐ 100 g watercress roughly chopped
- ☐ 240 g mackerel flaked

Equipment

Directions

- ☐
- Pour 250ml boiling water over couscous, cover and leave 10 mins, then fluff up with a fork. Meanwhile, make the dressing.
- ☐
- Mix orange juice, vinegar, sugar and oil with some seasoning.
- ☐
- Mix through the couscous with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:59.15, Glycemic Load:28.83, Inflammation Score:-8, Nutrition Score:24.037825916124%

Flavonoids

Hesperetin: 26.77mg, Hesperetin: 26.77mg, Hesperetin: 26.77mg, Hesperetin: 26.77mg Naringenin: 15.05mg, Naringenin: 15.05mg, Naringenin: 15.05mg, Naringenin: 15.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 6.06mg, Kaempferol: 6.06mg, Kaempferol: 6.06mg, Kaempferol: 6.06mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 13.52mg, Quercetin: 13.52mg, Quercetin: 13.52mg, Quercetin: 13.52mg

Nutrients (% of daily need)

Calories: 441.71kcal (22.09%), Fat: 15.73g (24.2%), Saturated Fat: 2.89g (18.05%), Carbohydrates: 54.28g (18.09%), Net Carbohydrates: 48.83g (17.75%), Sugar: 11.45g (12.72%), Cholesterol: 28.2mg (9.4%), Sodium: 69.06mg (3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.23g (40.46%), Vitamin C: 66.31mg (80.38%), Vitamin K: 68.99µg (65.71%), Vitamin B12: 2.64µg (44%), Vitamin D: 5.46µg (36.4%), Vitamin B3: 7.1mg (35.48%), Selenium: 22.76µg (32.51%), Manganese: 0.53mg (26.26%), Fiber: 5.45g (21.8%), Vitamin B2: 0.37mg (21.68%), Vitamin A: 1056.56IU (21.13%), Phosphorus: 197.62mg (19.76%), Vitamin B6: 0.38mg (18.86%), Potassium: 631.57mg (18.04%), Vitamin B1: 0.27mg (17.92%), Vitamin E: 2.54mg (16.96%), Magnesium: 57.07mg (14.27%), Copper: 0.25mg (12.73%), Folate: 48.15µg (12.04%), Vitamin B5: 1.17mg (11.68%), Calcium: 102.21mg (10.22%), Iron: 1.55mg (8.62%), Zinc: 0.96mg (6.42%)