



Smoked mackerel pâté with French bread & horseradish

READY IN



15 min.

SERVINGS



2

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 25 g butter unsalted melted
- ☐ 0.5 lemon zest
- ☐ 160 g mackerel smoked split (fillets)
- ☐ 1 spring onion roughly chopped
- ☐ 15 g butter unsalted
- ☐ 1 tsp horseradish hot
- ☐ 1 tsp flat parsley finely chopped
- ☐ 2 servings bread french

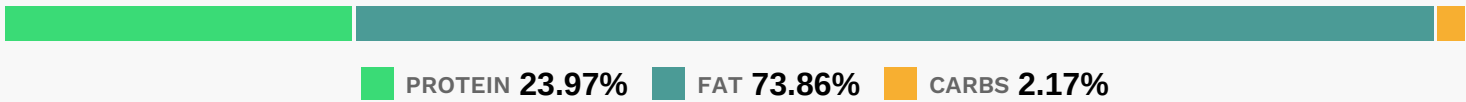
Equipment

- ☐ food processor
- ☐ ramekin

Directions

- ☐ Tip the melted butter, lemon zest, mackerel and spring onion into a food processor and blend until smooth. Spoon into a ramekin and smooth the top.
- ☐ For the topping, melt the 15g butter with the horseradish, then stir in the parsley. Carefully spoon over the pt to cover it. Press some parsley leaves on top, grind over some black pepper and chill to set the butter.
- ☐ Serve the ramekin of pt with French bread, butter and extra horseradish sauce.

Nutrition Facts



Properties

Glycemic Index:89.75, Glycemic Load:0.56, Inflammation Score:-5, Nutrition Score:14.014782589415%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 276.36kcal (13.82%), Fat: 22.59g (34.76%), Saturated Fat: 12.08g (75.51%), Carbohydrates: 1.5g (0.5%), Net Carbohydrates: 1.08g (0.39%), Sugar: 0.46g (0.51%), Cholesterol: 80.6mg (26.87%), Sodium: 88.6mg (3.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.5g (32.99%), Vitamin B12: 3.55µg (59.23%), Vitamin D: 7.58µg (50.53%), Selenium: 29.8µg (42.58%), Vitamin B3: 6.76mg (33.8%), Vitamin B2: 0.35mg (20.85%), Vitamin K: 14.76µg (14.06%), Vitamin B6: 0.27mg (13.69%), Vitamin A: 614.23IU (12.28%), Phosphorus: 109.05mg (10.91%), Potassium: 356.16mg (10.18%), Vitamin E: 1.3mg (8.69%), Vitamin B1: 0.1mg (6.76%), Vitamin C: 5.35mg (6.49%), Magnesium: 25.25mg (6.31%), Iron: 1.09mg (6.03%), Copper: 0.09mg (4.35%), Zinc: 0.61mg (4.09%), Calcium: 31.52mg (3.15%), Vitamin B5: 0.29mg (2.9%), Folate: 8.97µg (2.24%), Fiber: 0.42g (1.68%), Manganese: 0.03mg (1.54%)