



Smoked mackerel risotto



Gluten Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



42961 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tbsp butter
- ☐ 1 onion finely chopped
- ☐ 250 g arborio rice
- ☐ 100 ml wine
- ☐ 1l vegetable stock
- ☐ 240 mackerel smoked
- ☐ 2 spring onion sliced
- ☐ 100 g pkt spinach fresh

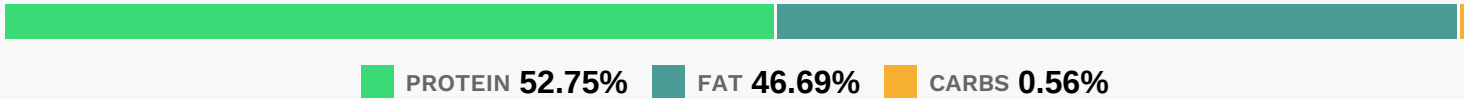
Equipment

☐ frying pan

Directions

- ☐ Heat the butter in a large frying pan. Tip in the onion, then fry gently for 5 mins until softened. Stir in the rice and mix until coated in the butter, then pour in the wine and let it bubble until its almost all disappeared.
- ☐ Pour in half the stock, give it a good stir, then leave to gently cook for 10 mins.
- ☐ Add half of the remaining stock, stir again and cook for 5 mins more. Keep adding stock and cooking until the rice is tender.
- ☐ Peel the skin off the mackerel, scrape away any dark brown flesh, then flake. Stir into the rice with the spring onions and spinach, then cook just until the spinach has wilted slightly.
- ☐ Serve straight away.

Nutrition Facts



Properties

Glycemic Index:70.75, Glycemic Load:41.43, Inflammation Score:-10, Nutrition Score:91.812608677408%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg

Nutrients (% of daily need)

Calories: 42961.09kcal (2148.05%), Fat: 2133.64g (3282.52%), Saturated Fat: 608.63g (3803.95%), Carbohydrates: 57.23g (19.08%), Net Carbohydrates: 54.3g (19.75%), Sugar: 3.77g (4.19%), Cholesterol: 12697.63mg (4232.54%), Sodium: 24259.82mg (1054.77%), Alcohol: 2.61g (100%), Alcohol %: 0.01% (100%), Protein: 5424.14g (10848.28%), Vitamin B12: 1188.01µg (19800.1%), Vitamin D: 2457µg (16380%), Selenium: 9864.92µg (14092.75%), Vitamin B3:

2249.24mg (11246.22%), Vitamin B2: 113.76mg (6692.03%), Vitamin B6: 89.31mg (4465.25%), Phosphorus: 33837.23mg (3383.72%), Potassium: 109882.57mg (3139.5%), Vitamin B1: 30.36mg (2024%), Magnesium: 7600.68mg (1900.17%), Vitamin E: 270.63mg (1804.19%), Iron: 316.74mg (1759.65%), Copper: 25.29mg (1264.52%), Zinc: 181.82mg (1212.16%), Vitamin B5: 86.19mg (861.94%), Vitamin C: 550.19mg (666.89%), Calcium: 6250.4mg (625.04%), Vitamin A: 19762.26IU (395.25%), Manganese: 5mg (249.86%), Folate: 742.3µg (185.58%), Vitamin K: 160.63µg (152.98%), Fiber: 2.92g (11.69%)