



Smoked mackerel with herb & beet couscous

 Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



594 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 100 g couscous
- ☐ 1 tsp horseradish
- ☐ 150 g greek yogurt 2%
- ☐ 0.5 cucumber deseeded cut into cubes
- ☐ 20 g optional: dill roughly chopped
- ☐ 20 g mint leaves roughly chopped
- ☐ 1 small onion red finely chopped
- ☐ 1 juice of lemon

- ☐ 1 tbsp olive oil
- ☐ 250 g beets cooked cut into cubes
- ☐ 250 g mackerel smoked

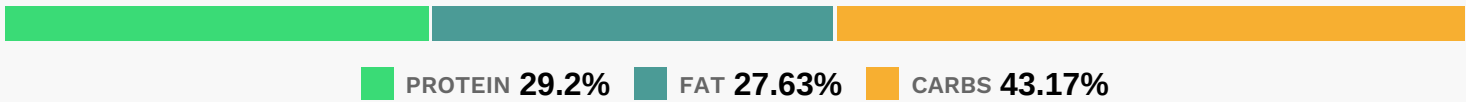
Equipment

- ☐ bowl

Directions

- ☐ Put the couscous into a large bowl, pour over 150ml boiling water, then cover with cling film. Set aside for 10 mins.
- ☐ Meanwhile, mix the horseradish into the yogurt and season. When all of the liquid has been absorbed into the couscous, uncover it, then spread it up and around the sides of the bowl to help it cool more quickly.
- ☐ When couscous is quite cool, add the cucumber, herbs, onion, lemon juice and oil and toss well.
- ☐ Add the beets and toss briefly. Pile the couscous onto plates, flake a mackerel fillet into a few big pieces alongside each serving (discarding the skin), then serve with a big dollop of the horseradish yogurt. Pack the remaining couscous and mackerel into a lunchbox for the next day.

Nutrition Facts



Properties

Glycemic Index:110.5, Glycemic Load:30.39, Inflammation Score:-9, Nutrition Score:38.863913453144%

Flavonoids

Eriodictyol: 3.82mg, Eriodictyol: 3.82mg, Eriodictyol: 3.82mg, Eriodictyol: 3.82mg Hesperetin: 3.19mg, Hesperetin: 3.19mg, Hesperetin: 3.19mg, Hesperetin: 3.19mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg Isorhamnetin: 7.11mg, Isorhamnetin: 7.11mg, Isorhamnetin: 7.11mg, Isorhamnetin: 7.11mg Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 16.9mg, Quercetin: 16.9mg, Quercetin: 16.9mg, Quercetin: 16.9mg

Nutrients (% of daily need)

Calories: 593.68kcal (29.68%), Fat: 18.11g (27.86%), Saturated Fat: 4.02g (25.12%), Carbohydrates: 63.66g (21.22%), Net Carbohydrates: 55.06g (20.02%), Sugar: 14.85g (16.5%), Cholesterol: 62.5mg (20.83%), Sodium: 260.69mg (11.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.06g (86.11%), Vitamin B12: 6.03µg (100.42%), Selenium: 54.36µg (77.66%), Vitamin D: 11.38µg (75.83%), Vitamin B3: 13.16mg (65.82%), Manganese: 1.2mg (60.07%), Vitamin B2: 0.92mg (54.04%), Folate: 205.77µg (51.44%), Phosphorus: 440.83mg (44.08%), Potassium: 1437.17mg (41.06%), Vitamin C: 33.2mg (40.25%), Vitamin B6: 0.74mg (37.18%), Fiber: 8.6g (34.39%), Magnesium: 123.57mg (30.89%), Vitamin A: 1374.4IU (27.49%), Iron: 4.55mg (25.29%), Copper: 0.47mg (23.62%), Vitamin B1: 0.34mg (22.79%), Calcium: 214.62mg (21.46%), Vitamin B5: 1.8mg (18.02%), Zinc: 2.54mg (16.93%), Vitamin E: 2.37mg (15.81%), Vitamin K: 10.24µg (9.75%)