



Spaghetti with Mackerel and Pine Nuts

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



804 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 0.3 cup golden raisins
- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 1 pound mackerel
- ☐ 7 tablespoons olive oil
- ☐ 1 small onion chopped
- ☐ 0.3 cup pinenuts
- ☐ 1 teaspoon salt

- ☐ 0.8 pound pasta like spaghetti
- ☐ 2 tablespoons water hot

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Put the raisins and the hot water in a small bowl and leave until the water is absorbed. In a large pot of boiling, salted water, cook the spaghetti until just done, about 12 minutes.
- ☐ Drain the spaghetti.
- ☐ Meanwhile, in a large nonstick frying pan, heat 1 tablespoon of the oil over moderate heat.
- ☐ Sprinkle the mackerel with 1/4 teaspoon each of the salt and pepper. Cook the fish until just done, 2 to 3 minutes per side for 1/2-inch thick fillets.
- ☐ Remove the fish and then wipe out the pan. When the fish is cool enough to handle, discard the skin and flake the fish.
- ☐ In the same pan, heat 1 tablespoon of the oil over moderately low heat.
- ☐ Add the onion and cook, stirring, until starting to soften, about 3 minutes.
- ☐ Add the pine nuts and cook, stirring occasionally, until starting to brown, about 3 minutes.
- ☐ Add the raisins, mackerel, the remaining 3/4 teaspoon salt, and 1/4 teaspoon pepper. Cook until heated through, about 2 minutes. Toss the mixture with the spaghetti, the remaining 5 tablespoons olive oil, and the dill.
- ☐ Variation: Spaghetti with Sardines and Pine Nuts: In place of the mackerel, add two 3 1/2-ounce cans of boneless, skinless sardine fillets, drained, to the pan for the last 2 minutes of cooking. Break the fillets into flakes with a spoon.
- ☐ Wine Recommendation: The full-force flavors of this dish--from the sweet raisins and strong mackerel to the dill--need to be paired with a full-flavored, acidic white wine. Try a sauvignon blanc from northern Italy or New Zealand.

Nutrition Facts



 **PROTEIN 17.74%**  **FAT 45.49%**  **CARBS 36.77%**

Properties

Glycemic Index:43.17, Glycemic Load:29.82, Inflammation Score:-7, Nutrition Score:31.554782805235%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg

Nutrients (% of daily need)

Calories: 804.32kcal (40.22%), Fat: 40.6g (62.47%), Saturated Fat: 6.6g (41.28%), Carbohydrates: 73.82g (24.61%), Net Carbohydrates: 70g (25.45%), Sugar: 8.68g (9.65%), Cholesterol: 53.3mg (17.77%), Sodium: 688.66mg (29.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.63g (71.27%), Selenium: 95.36µg (136.24%), Vitamin B12: 4.99µg (83.16%), Manganese: 1.66mg (83.03%), Vitamin D: 10.32µg (68.79%), Vitamin B3: 11.42mg (57.12%), Vitamin E: 5.56mg (37.06%), Phosphorus: 368.84mg (36.88%), Vitamin B2: 0.58mg (34.05%), Vitamin B6: 0.56mg (27.97%), Magnesium: 105.06mg (26.27%), Copper: 0.51mg (25.58%), Potassium: 818.95mg (23.4%), Vitamin K: 20.29µg (19.33%), Iron: 3.45mg (19.15%), Zinc: 2.59mg (17.29%), Vitamin B1: 0.24mg (16.26%), Fiber: 3.82g (15.27%), Vitamin B5: 0.8mg (8.01%), Vitamin C: 6.42mg (7.78%), Folate: 28.49µg (7.12%), Calcium: 62.17mg (6.22%), Vitamin A: 301.19IU (6.02%)