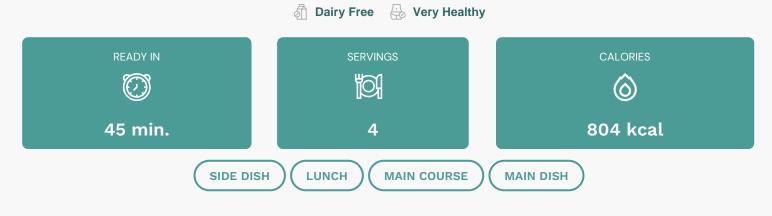


Spaghetti with Mackerel and Pine Nuts



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
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Equipment	
	bowl
	frying pan
	pot
Diı	rections
	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 dishfrom the sweet raisins and strong mackerel to the dillneed to be paired with a full-flavored, acidic white wine. Try a sauvignon blanc from northern Italy or New Zealand.

Nutrition Facts

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, 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, Kaempferol: 0.75mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, 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: 0g (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%)