



Spiced mackerel on toast with beetroot salsa



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 250 g beets diced (not in vinegar)
- ☐ 1 apples thinly sliced cut into wedges then
- ☐ 1 small onion red finely sliced
- ☐ 0.5 juice of lemon
- ☐ 1 tbsp olive oil for drizzling
- ☐ 1 tsp cumin seeds
- ☐ 1 small bunch cilantro leaves roughly chopped
- ☐ 4 fillet mackerel halved

- ☐ 1 tsp curry powder
- ☐ 4 slices sourdough bread

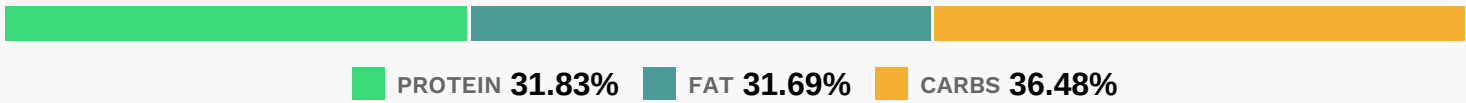
Equipment

- ☐ frying pan
- ☐ grill
- ☐ aluminum foil
- ☐ toaster

Directions

- ☐ Mix the beetroot, apple, onion, lemon juice, oil, cumin and coriander together, season well, then set aside while you cook the mackerel.
- ☐ Heat the grill to high.
- ☐ Put the fish onto a sheet of foil on the grill rack, sprinkle over the curry powder, drizzle with oil, then season and rub well into the fish.
- ☐ Grill for 4-5 mins until the skin is crisp and the fillets are cooked through; you wont need to turn the fish over. Toast the bread in a toaster or alongside the fish under the grill, then drizzle with a little olive oil. Top with the salsa and mackerel, then pour over any pan juices and eat straight away.

Nutrition Facts



Properties

Glycemic Index:61.38, Glycemic Load:30.56, Inflammation Score:-8, Nutrition Score:36.62173926312%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg,

Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.56mg, Quercetin: 8.56mg, Quercetin: 8.56mg, Quercetin: 8.56mg

Nutrients (% of daily need)

Calories: 540.03kcal (27%), Fat: 18.88g (29.04%), Saturated Fat: 4.7g (29.4%), Carbohydrates: 48.89g (16.3%), Net Carbohydrates: 43.89g (15.96%), Sugar: 13.22g (14.69%), Cholesterol: 79.9mg (26.63%), Sodium: 583.95mg (25.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.67g (85.34%), Vitamin B12: 7.48µg (124.67%), Selenium: 81.06µg (115.81%), Vitamin D: 15.47µg (103.13%), Vitamin B3: 17.58mg (87.89%), Vitamin B2: 1.04mg (61.19%), Vitamin B1: 0.69mg (45.98%), Folate: 159.65µg (39.91%), Vitamin B6: 0.74mg (36.79%), Manganese: 0.67mg (33.29%), Phosphorus: 323.3mg (32.33%), Iron: 5.64mg (31.34%), Potassium: 1088.46mg (31.1%), Magnesium: 91.42mg (22.85%), Fiber: 5.01g (20.02%), Vitamin E: 2.63mg (17.56%), Copper: 0.34mg (16.95%), Vitamin C: 12.68mg (15.37%), Zinc: 2.15mg (14.3%), Vitamin K: 10.69µg (10.18%), Calcium: 100.31mg (10.03%), Vitamin B5: 0.93mg (9.26%), Vitamin A: 297.93IU (5.96%)