



## Teriyaki mackerel with tangy cucumber salad



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 fillet mackerel
- ☐ 1 tbsp teriyaki sauce
- ☐ 1 bunch spring onion finely sliced
- ☐ 100 g rice
- ☐ 0.5 cucumber halved deseeded sliced
- ☐ 50 g baby spinach
- ☐ 85 g bean sprouts
- ☐ 1 tsp sugar

☐ 1 tbsp citrus champagne vinegar

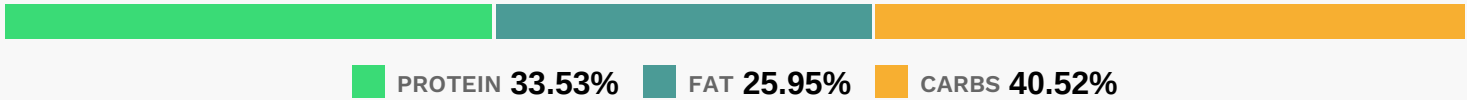
## Equipment

☐ frying pan

## Directions

- ☐ Put the mackerel into a shallow dish, splash over the marinade and scatter with half the spring onions. Set aside.
- ☐ Put the rice into a pan, cover with a fingertip of water, season with salt, then bring to the boil. Turn down heat, stir, then cover and simmer for 10 mins until all of the water has disappeared. Take off the heat, cover and leave to steam for 5 mins.
- ☐ Mix the cucumber with the remaining onions, spinach leaves and beansprouts. Stir together the sugar and vinegar with some seasoning. Lift the fish out of the marinade and put onto 2 plates.
- ☐ Drizzle with more marinade from the dish, if you like. Spoon the rice alongside, then toss the salad with the dressing and serve.

## Nutrition Facts



## Properties

Glycemic Index:105.14, Glycemic Load:25.99, Inflammation Score:-9, Nutrition Score:41.002608589504%

## Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

## Nutrients (% of daily need)

Calories: 499.95kcal (25%), Fat: 14.07g (21.64%), Saturated Fat: 3.96g (24.74%), Carbohydrates: 49.42g (16.47%), Net Carbohydrates: 46.61g (16.95%), Sugar: 6.6g (7.33%), Cholesterol: 79.9mg (26.63%), Sodium: 519.74mg (22.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.89g (81.78%), Vitamin K: 165.24µg (157.37%), Vitamin B12: 7.48µg (124.67%), Vitamin D: 15.47µg (103.13%), Selenium: 70.36µg (100.52%), Vitamin B3: 15.65mg (78.24%), Vitamin A: 2632.22IU (52.64%), Vitamin B2: 0.88mg (51.48%), Manganese: 0.95mg (47.56%), Vitamin B6: 0.78mg (39.19%), Phosphorus: 339.85mg (33.98%), Potassium: 1108.84mg (31.68%), Magnesium: 105.96mg

(26.49%), Folate: 100.72µg (25.18%), Vitamin C: 20.73mg (25.13%), Copper: 0.44mg (22.17%), Iron: 3.97mg (22.04%), Vitamin B1: 0.31mg (20.76%), Vitamin E: 2.39mg (15.96%), Zinc: 2.18mg (14.51%), Vitamin B5: 1.43mg (14.29%), Fiber: 2.81g (11.24%), Calcium: 105.23mg (10.52%)