



Warm mackerel & beetroot salad

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



455 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 450 g baby potatoes cut into bite-size pieces
- ☐ 3 fillet mackerel smoked
- ☐ 250 g beets cooked
- ☐ 100 g the salad mixed
- ☐ 2 celery stalks finely sliced
- ☐ 50 g walnut pieces
- ☐ 6 tbsp salad dressing
- ☐ 2 tsp horseradish

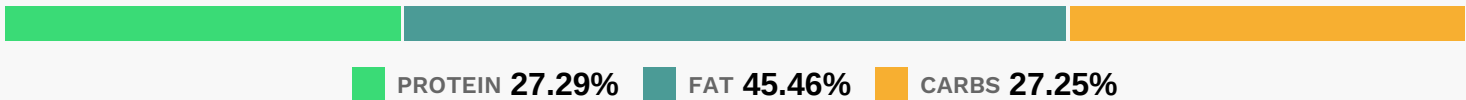
Equipment

☐ bowl

Directions

- ☐ Boil the potatoes for 12–15 mins until just tender. Meanwhile, flake the mackerel fillets into large pieces and cut the beetroot into bite-size chunks.
- ☐ Drain the potatoes and cool slightly.
- ☐ Mix the salad dressing and horseradish sauce together in a salad bowl and season. Tip in the potatoes they should still be warm.
- ☐ Add the salad leaves, mackerel, beetroot, celery and walnuts, and toss gently.
- ☐ Serve with crusty bread.

Nutrition Facts



Properties

Glycemic Index:58.69, Glycemic Load:17.34, Inflammation Score:-7, Nutrition Score:32.230434500653%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 455.1kcal (22.76%), Fat: 23.11g (35.55%), Saturated Fat: 4.33g (27.08%), Carbohydrates: 31.16g (10.39%), Net Carbohydrates: 25.98g (9.45%), Sugar: 8.04g (8.93%), Cholesterol: 59.92mg (19.98%), Sodium: 402.96mg (17.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.21g (62.43%), Vitamin B12: 5.61µg (93.5%), Vitamin D: 11.6µg (77.35%), Selenium: 48.54µg (69.35%), Vitamin B3: 12.32mg (61.62%), Vitamin B6: 0.9mg (44.95%), Manganese: 0.87mg (43.62%), Vitamin C: 34.51mg (41.83%), Potassium: 1322.4mg (37.78%), Vitamin B2: 0.63mg (37.1%), Phosphorus: 306.06mg (30.61%), Folate: 112.32µg (28.08%), Copper: 0.5mg (25.23%), Magnesium: 100.45mg (25.11%), Fiber: 5.18g (20.71%), Vitamin B1: 0.31mg (20.4%), Iron: 3.45mg (19.16%), Vitamin K: 15.69µg (14.95%), Vitamin E: 1.89mg (12.58%), Zinc: 1.88mg (12.51%), Vitamin B5: 0.94mg (9.41%), Vitamin A: 405.39IU (8.11%), Calcium: 73.39mg (7.34%)