



HEALTH SCORE

100%

Warm new potato & smoked mackerel salad



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



512 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 350 g baby potatoes
- ☐ 100 g crème fraîche
- ☐ 1 tsp horseradish cream
- ☐ 1 juice of lemon
- ☐ 2 fillet mackerel smoked flaked
- ☐ 85 g watercress

Equipment

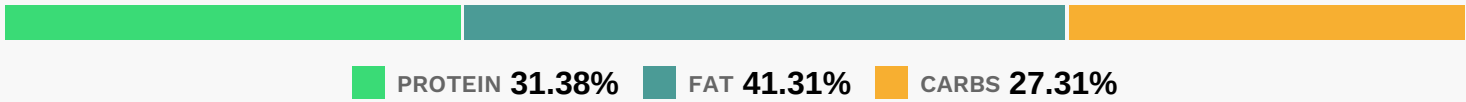
- ☐ bowl

☐ frying pan

Directions

- ☐ Cook the potatoes in a large pan of boiling salted water for 15–20 minutes or until tender.
- ☐ While the potatoes are cooking, mix the crme frache in a large bowl with the horseradish cream and lemon juice. Season well with freshly ground black pepper (theres no need for salt because of the saltiness of the smoked mackerel).
- ☐ Drain the potatoes, halve and set aside to cool down for a few minutes. Tip into the crme frache mix and stir so it coats them and becomes quite runny. Now add the smoked mackerel and watercress and toss gently together. Pile on two plates and serve straight away (its best while still warm).

Nutrition Facts



Properties

Glycemic Index:75.38, Glycemic Load:22.56, Inflammation Score:-9, Nutrition Score:42.534347824428%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 11.19mg, Kaempferol: 11.19mg, Kaempferol: 11.19mg, Kaempferol: 11.19mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 14.03mg, Quercetin: 14.03mg, Quercetin: 14.03mg, Quercetin: 14.03mg

Nutrients (% of daily need)

Calories: 511.52kcal (25.58%), Fat: 23.37g (35.95%), Saturated Fat: 8.94g (55.84%), Carbohydrates: 34.75g (11.58%), Net Carbohydrates: 30.56g (11.11%), Sugar: 3.73g (4.15%), Cholesterol: 109.4mg (36.47%), Sodium: 200.27mg (8.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.93g (79.87%), Vitamin B12: 7.59µg (126.42%), Vitamin K: 110.53µg (105.26%), Vitamin D: 15.47µg (103.13%), Selenium: 64.89µg (92.7%), Vitamin B3: 16.14mg (80.72%), Vitamin C: 63.03mg (76.4%), Vitamin B6: 1.16mg (58.06%), Vitamin B2: 0.91mg (53.5%), Potassium: 1651.3mg (47.18%), Phosphorus: 377.73mg (37.77%), Vitamin A: 1777.53IU (35.55%), Magnesium: 103.35mg (25.84%), Vitamin B1: 0.38mg (25.38%), Manganese: 0.41mg (20.37%), Copper: 0.39mg (19.63%), Iron: 3.48mg (19.33%), Fiber: 4.19g (16.76%), Calcium: 163.9mg (16.39%), Vitamin E: 2.36mg (15.7%), Vitamin B5: 1.38mg (13.77%), Zinc: 1.89mg (12.58%), Folate: 42.65µg (10.66%)