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## Grilled Mackerel ♦

Grilled mackerel is a delicious seafood dish that is enjoyed by many. It is a popular choice for those who love the taste of fresh fish. The mackerel is marinated in a flavorful mixture of herbs and spices, then grilled to perfection. The result is a tender and juicy fish with a smoky and savory flavor. Grilled mackerel can be enjoyed on its own or served with a side of vegetables or rice.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Total Time:** 25 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	Mackerel
2 tbsp	olive oil
2 tbsp	lemon juice
2 cloves	garlic

1 tsp	paprika
1 tsp	salt
1 tsp	black pepper

## Directions

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### Step 1

#### Preheating

Preheat the grill to medium-high heat.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Mixing

In a small bowl, mix together the olive oil, lemon juice, minced garlic, paprika, salt, and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Marinating

Place the mackerel fillets in a shallow dish and pour the marinade over them. Let them marinate for 10 minutes.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

## Step 4

Grilling

Remove the mackerel fillets from the marinade and place them on the preheated grill. Cook for 5-7 minutes per side, or until the fish is cooked through and flakes easily with a fork.

**Prep Time:** 0 mins

**Cook Time:** 12 mins

## Step 5

Serving

Serve the grilled mackerel hot with a squeeze of lemon juice and your favorite side dishes.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 200 kcal

**Fat:** 10 g

**Protein:** 25 g

**Carbohydrates:** 2 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	60 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	150 mcg	6250%	6250%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	500 mg	14.71%	19.23%
Zinc	10 mg	90.91%	125%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	50 mcg	90.91%	90.91%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

### Diet

Anti-Inflammatory Diet

### Meal Type

Breakfast

Lunch

Dinner

Snack

Supper

### Events

Picnic

### Difficulty Level

Easy

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