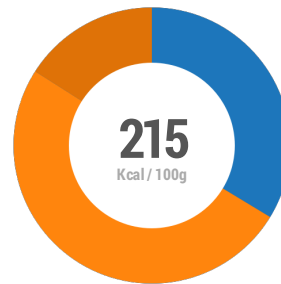


Smoked mackerel pate

By Abi Barclay-Watt from Oxford Brookes University

Overview ...

U / 1327600



WEIGHT:

2.8% Carbs

30.8% Protein

66.3% Fat

Food Labelling...

Label values per 100

Serves: **8**

	PER 100G	%RI	PER 61G SERVING	%RI
Energy kcal	216 kcal	11%	132 kcal	7%
Energy kJ	900 kJ	11%	549 kJ	7%
Fat	15.9 g	23%	9.7 g	14%
<i>of which saturates</i>	3.8 g	19%	2.3 g	12%
Carbohydrate	1.6 g	1%	1 g	0%
<i>of which sugars</i>	1.6 g	2%	1 g	1%
Fibre	0.01 g	0%	0 g	0%
Protein	16.5 g	33%	10.1 g	20%
Salt	1.4 g	23%	0.8 g	14%

CONTAINS:



MILK



FISH

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 11% RI	Saturated Fat 19% RI	Vitamin A (ret eq) 5% RI
Energy(KJ) 11% RI	Monounsaturated fat 21% RI	Retinol
215kcal	<i>cis-Mono</i>	42µg
895kJ	Polyunsaturated fat 24% RI	34µg
Macronutrients	<i>Omega3(n-3)</i> 155% RI	Carotene
Carbohydrate 1% RI	<i>Omega6(n-6)</i> 3% RI	49µg
Protein 33% RI	<i>cis-Poly</i>	5µg
Fat 23% RI	Trans-fatty acids	0.3mg
Water	Cholesterol	Thiamin (B ₁) 10% RI
1.6g		0.1mg
Protein 16.6g	Minerals & trace elements	Riboflavin (B ₂) 25% RI
Fat 15.9g	Sodium 22% RI	0.4mg
Water 63ml	Potassium 12% RI	Niacin total (B ₃) 52% RI
Water from Drinks	Chloride 94% RI	8.4mg
Alcohol	Calcium 7% RI	Niacin
Carbohydrate	Phosphorus 28% RI	Tryptophan
Starch	Magnesium 7% RI	248mg
Oligosaccharide	Iron 5% RI	Pantothenic Acid (B₅) 8% RI
Fibre 0% RI	Zinc 9% RI	0.5mg
NSP	Copper 5% RI	Vitamin B ₆ 13% RI
Sugars 2% RI	Manganese 1% RI	0.2mg
Free Sugars	Selenium 69% RI	Folic Acid (B₉) 7% RI
Glucose	Iodine 15% RI	14.5µg
Galactose		Vitamin B ₁₂ 256% RI
Fructose		6.4µg
Sucrose		Biotin (B ₇) 10% RI
Maltose		5µg
Lactose		Vitamin C 4% RI
		2.9mg
		Other
		GI (estimated)
		GL
		31.2
		0.5

Recipe Ingredients ...	Quantity:	Description:
Mackerel, flesh only, smoked	300g	
Cheese, spreadable, soft white, low fat	150g	
Lemon juice, fresh	40g	2x Juice from 1/2 lemon
Portion Sizes ...	Quantity:	Kcal:
Cooking Instructions & Notes ...		

Buy boneless fillets and flake into a food processor bowl. Add the soft cheese and lemon juice and black pepper to taste.

Blitz and decant into a bowl and store in the fridge.