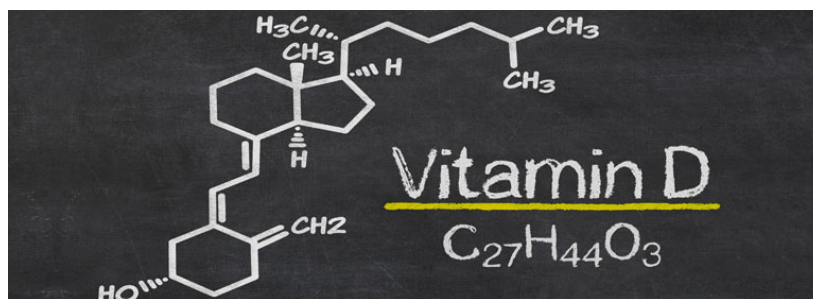


Nutrition of Vitamin D

NUTRI-lipidomics

Molecular nutrition and healthy diet



The benefits of Vitamin D: what foods do they contain it?

Vitamin D is a molecule that is the subject of great attention since scientific studies have shown its involvement in multiple physiological processes, so much so as to define it as a real hormone. The reduced exposure to the sun, especially at peak times, essential for developing this vitamin in bioavailable form, functional to biological processes, involves the use of other strategies to be able to obtain it, such as nutrition and possibly integration. There are not many foods that make it such as cholecalciferol or D3 and they are almost all of animal origin, one of these is certainly fatty fish. In the vegetable world, fresh mushrooms grown externally, therefore irradiated by natural light, contain a good amount, in ergocalciferol or D2 form, but still useful. The proposed recipe uses mackerel and fresh mushrooms accompanied by Mediterranean, summer and delicate flavors.

The sun on the plate, Vitamin D in the kitchen: mackerel fillets on creamed mushrooms

Ricetta

Ingredients (2 people)

- 4 mackerel fillets (about 300 g)
- 200 g of fresh mushrooms (champignons or other varieties)
- 1 clove of garlic (about 4 g)
- 50 g of extra virgin olive oil (about 3 tablespoons)
- 20 g of fresh parsley
- 100 g of yellow or red cherry tomatoes (date)



Method:

In a pan, place 2 tablespoons of extra virgin olive oil, half a clove of garlic and heat. Finely chop the parsley, add it and mix, then add the diced fresh mushrooms. Salt and cook over low heat for about 10 minutes, adding a drop of water time to time to prevent the mushrooms from drying out too much. When cooked, remove the garlic and place the mushrooms in a bowl and set aside. In the same pan, place the third spoonful of extra virgin olive oil and the other half of the garlic clove, heat and then add the date tomatoes cut in half. Stir and brown, then add the mackerel fillets, salt lightly and cover leaving to cook for 7-8 minutes on low heat. Meanwhile, with an immersion

blender, reduce the mushrooms we had set aside to cream.

In a flat plate, place the mushroom cream, lay the mackerel fillets on top and, after having removed the garlic, let the date tomatoes sauce fall.

Nutritional values per recipe and per person:

	Kcal	Pro- teins (g)	Carbs (g)	Sugars (g)	Fats (g)	Sa- turated (g)	Monoin- saturated (g)	Polinsa- saturated (g)	Fibres (g)	Vitamin D (mcg)	Chole- sterol (mg)
Mackerel	615	55,8			41,67	9,78	16,35	10,05		40,8	210
Mushroom	44	5	8,6	3,44	0,2	0,028	0,004	0,084	0,12	20	
Garlic	5,96	0,45	1,32	0,04	0,0020	0,0036	0,0004	0,001	0,084		
Evo oil	442				50	7	36,5	6,5			
Parsley	7	0,6	1,26	0,17	0,16	0,026	0,059	0,025	0,66		
Date tomatoes	18	0,88	3,89	2,63	0,2	0,028	0,031	0,083	1,2		
Total per recipe	1132	62,73	15,07	6,28	92,23	16,86	52,94	16,74	2,06	60,08	210
Total per person	566	31,36	7,53	3,14	46,11	8,43	26,47	8,37	1,03	30,04	105

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The food recommendations in the article are not intended to replace a personalized food plan and are to be adapted to specific cases.