

Dait?-style Mackerel Maki Sushi

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-marinated-mackerel-recipe>

Ingredients:

- 1 mackerel filleted, so 2 fillets
- 2 tablespoons soy sauce
- 2 tablespoons mirin
- 1 1/16 cups sushi rice
- 2 leaves nori seaweed

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 10 milligrams
4. Fat: 1 grams
5. Fiber: 2 grams
6. Protein: 8 grams
7. Sodium: 490 milligrams

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