

# Baked Herring

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-herring-recipe>

## Ingredients:

- 1 herring
- 5 Champignons
- 2 bulbs onions
- 1 egg
- 1 3/4 tablespoons butter dairy
- 1 tablespoon chopped parsley
- 1 teaspoon grated horseradish
- 1 pinch salt
- black ground pepper – to taste

## Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 70 milligrams
4. Fat: 7 grams
5. Protein: 3 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 150 milligrams
8. Sugar: 1 grams

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