

Mackerel Patties

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-salt-mackerel-rundown-recipe>

Ingredients:

- 15 ounces mackerel in brine
- 2 eggs
- 1/4 cup grated Parmesan cheese
- 1/2 cup breadcrumbs
- 2 tablespoons mayonnaise
- 2 tablespoons mustard
- 2 tablespoons chives chopped, or scallion
- vegetable oil for frying
- 15 ounces mackerel canned, in brine
- 2 eggs
- 1/4 cup grated Parmesan cheese
- 1/2 cup breadcrumbs
- 2 tablespoons mayonnaise
- 2 tablespoons mustard
- 2 tablespoons chives chopped, or scallion
- vegetable oil for frying

Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 340 milligrams
4. Fat: 29 grams
5. Fiber: 1 grams
6. Protein: 57 grams
7. SaturatedFat: 5 grams
8. Sodium: 1060 milligrams
9. Sugar: 3 grams

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