

Baked Mackerel

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 4 mackerel cleaned and prepared, each about 400 g
- salt
- freshly ground black pepper
- 2 cloves garlic
- 1/2 red chile pepper
- 1/2 cup butter soft
- 2 tablespoons herbs chopped, mixed, e. g. parsley, chervil, dill...
- 1 lemon juice

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 105 milligrams
4. Fat: 25 grams
5. Protein: 17 grams
6. SaturatedFat: 14 grams
7. Sodium: 490 milligrams

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