

# Box of Pullman Loaf

Yield: 4 min  
Total Time: 20 min

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

## Ingredients:

- 1 bread unsliced loaf day-old Pullman, sandwich, works best if bread is cold
- 2 tablespoons unsalted butter
- 1 mackerel fillet
- 3 slices smoked salmon
- 3 eggs
- 2 tablespoons whipping cream 35 percent butterfat
- salt
- pepper
- 1 tablespoon crème fraîche or sour cream
- 1 teaspoon chopped fresh chives
- 3 fresh horseradish shavings
- caviar for garnish, optional

## Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 77 grams
3. Cholesterol: 235 milligrams
4. Fat: 18 grams
5. Fiber: 4 grams
6. Protein: 25 grams
7. SaturatedFat: 8 grams
8. Sodium: 1660 milligrams
9. Sugar: 7 grams

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