

# Mackerel Fillet With Butter Mushroom

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/mackerel-fillet-recipe-indian>

## Ingredients:

- 2 mackerel fillets skin on
- 1 tablespoon olive oil
- salt
- pepper
- 1 tablespoon butter
- 6 white mushrooms medium
- 1/2 tablespoon chopped parsley
- salt
- pepper

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 30 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 10 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 480 milligrams
9. Sugar: 1 grams

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