

# Russian Fish Pie

Yield: 4 min

Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-fish-pie-recipe>

## Ingredients:

- 2 15/16 cups whole wheat flour
- 7/8 cup milk
- 9/16 tablespoon active dry yeast
- 2 egg
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 2 tablespoons vegetable oil
- 2/3 pound mackerel
- 1 onion
- parsley to taste
- green onion to taste
- 1 tablespoon sesame seeds

## Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 78 grams
3. Cholesterol: 150 milligrams
4. Fat: 15 grams
5. Fiber: 12 grams
6. Protein: 35 grams
7. SaturatedFat: 2 grams
8. Sodium: 490 milligrams
9. Sugar: 11 grams

---

Thank you for visiting our website. Hope you enjoy Russian Fish Pie above. You can see more 18 russian fish pie recipe Get ready to indulge! to get more great cooking ideas.