

Beyond Curry: Indian Mackerel Fry

Yield: 2 min
Total Time: 35 min

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

Ingredients:

- mackerel
- 2 mackerel sized, cleaned and gutted
- 1 1/2 tablespoons garlic paste ginger
- 1 1/2 teaspoons red chile powder taste
- 1 teaspoon turmeric powder
- 1 tablespoon juices lime, $\frac{1}{2}$ tablespoon...
- salt taste
- 2 tablespoons oiled frying
- 1 wedge lime garnishing, optional

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 45 milligrams
4. Fat: 16 grams
5. Fiber: 1 grams
6. Protein: 18 grams
7. SaturatedFat: 1 grams
8. Sodium: 540 milligrams
9. Sugar: 1 grams

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