

CANNED MACKEREL WITH VEGETABLES

Number of servings: 8.5
Serving Size: 1 cup

Ingredients:

- 2 (15 ounce) cans mackerel
- 1 (12 ounce) can green beans
- 1 medium onion
- 1 small head cabbage (6 cups sliced)
- 1 teaspoon oil

Directions:

1. Open mackerel cans and DRAIN off liquid
2. Open and DRAIN green beans.
3. DICE onion. SLICE cabbage.
4. In a large pan, heat oil.
5. ADD onions and COOK until tender.
6. ADD mackerel and break into chunks.
7. ADD cabbage and green beans. COOK covered until tender, (approximately 5 minutes).

| Nutrition Facts | |
|--|------------------------------|
| Serving Size 1 cup (175g) | |
| Servings Per Container 8.5 | |
| Amount Per Serving | |
| Calories 150 | Calories from Fat 50 |
| % Daily Value* | |
| Total Fat 6g | 9 % |
| Saturated Fat 1.5g | 8 % |
| <i>Trans</i> Fat 0g | 0 % |
| Cholesterol 60mg | 20 % |
| Sodium 340mg | 14 % |
| Total Carbohydrate 6g | 2 % |
| Dietary Fiber 2g | 9 % |
| Sugars 2g | |
| Protein 19g | |
| Vitamin A 10% | Vitamin C 40% |
| Calcium 20% | Iron 10% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4 | |

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

For more information: <http://www.ctahr.hawaii.edu/NEW/resources/SafeFoodHandling.pdf>

* Recipe contributed by the American Samoa Community College Cooperative Extension Service