

# MACKEREL PATTIES

**Number of servings:** 8  
**Serving Size:** ¼ cup

**Ingredients:**

- 1 (15-ounce) can mackerel in water
- ½ cup onion (1 small)
- 1 cup grated carrot (2 medium)
- 2 large eggs
- 1 teaspoon black pepper
- 1 teaspoon oil

**Directions:**

1. DRAIN the mackerel.
2. In a medium-sized bowl, STIR mackerel until it is broken into small pieces.
3. DICE the onion and GRATE the carrot.
4. ADD onion and carrot to the mackerel.
5. ADD the eggs and black pepper. MIX well.
6. FORM (shape) ¼ cup of the mixture into a patty (like burgers). Repeat until all the mixture used.
7. HEAT oil in pan until hot, then FRY the patties (approximately 2-3 minutes each side) or until brown.
8. DRAIN on paper towels

<b>Nutrition Facts</b>	
Serving Size ¼ cup (84g)	
Servings Per Container 8	
<b>Amount Per Serving</b>	
<b>Calories</b> 110	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5g	7 %
Saturated Fat 1.5g	7 %
Trans Fat 0g	0 %
<b>Cholesterol</b> 85mg	28 %
<b>Sodium</b> 210mg	9 %
<b>Total Carbohydrate</b> 2g	1 %
Dietary Fiber less than 1g	2 %
Sugars 1g	
<b>Protein</b> 13g	
Vitamin A 50%	Vitamin C 4%
Calcium 15%	Iron 8%
*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 College of the Marshall Islands Cooperative Research and Extension Services