



Mackerel Stuffed Avocados

Active Time: 5 minutes | **Total Time:** 5 minutes | **Serves:** 2

Nutrition Information Per Serving

515.6 calories, 18.14 g carbohydrate, 13.62 g fiber, 4.52 g NET carbs, 14.62 g protein, 46.98 g fat

Ingredients

- 1 can Wild Planet Wild Mackerel Fillets in Extra Virgin Olive Oil (4.4 oz)
- 2 Tbsp(s) Primal Kitchen Mayonnaise
- 1/4 small(s) red onion, thinly sliced
- 1 Tbsp lemon juice
- 2 medium(s) avocados

Preparation

1. Cut avocado in half and remove pit.
2. Drain mackerel. In a small bowl combine mackerel, lemon juice, mayonnaise and red onion.
3. Scoop into avocado halves and serve.

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