

Jamaican Saltfish Fritters

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-cod-fish-cakes-recipe>

Ingredients:

- 2 cups flour
- 1/2 teaspoon curry powder
- 1/2 small yellow onion chopped
- 1/2 small tomato diced
- 1/2 red bell pepper Small Green &, equal parts
- 1 package cod fish Salted, 340g
- 1/4 teaspoon fresh ground black pepper
- 1/4 teaspoon baking powder
- 1 teaspoon parsley optional
- Scotch Bonnet pepper chopped finely as desired
- 1 cup water more as needed
- cooking oil

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 50 grams
3. Fat: 6 grams
4. Fiber: 3 grams
5. Protein: 7 grams
6. Sodium: 40 milligrams
7. Sugar: 1 grams

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