

Jamaican Brown Stew Fish

Yield: 2 min
Total Time: 85 min

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

Ingredients:

- 1 fish med whole, cleaned and cut into 3
- 1 lime
- oil for frying
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1/2 onion coarsely chopped
- 2 green pepper large, coarsely chopped
- 2 sprigs fresh thyme
- 3 pimento seeds
- 2 scallions chopped
- 5 1/2 cups water
- 1/2 tomato chopped
- 1/2 cup ketchup
- 2 tablespoons vinegar

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 90 milligrams
4. Fat: 19 grams
5. Fiber: 6 grams
6. Protein: 32 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1970 milligrams
9. Sugar: 20 grams

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