

King Fish Cafreal

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 500 grams fish king, or 5 king fish slices of medium thickness
- 1 bunch coriander leaves
- 2 green chilies
- 8 garlic pods
- 1/2 inch ginger
- 1 tablespoon lime juice
- 1 teaspoon turmeric powder
- 1 inch cinnamon
- 5 black peppercorns
- 2 cloves
- 1 teaspoon cumin seeds
- water Little
- 4 tablespoons oil or as needed

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 75 milligrams
4. Fat: 22 grams
5. Fiber: 1 grams
6. Protein: 25 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 70 milligrams
9. Sugar: 1 grams

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