

# Jamaican Jerk Salmon Bowls with Pineapple Salsa

Yield: 2 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-vegetable-rice-recipe>

## Ingredients:

- 6 ounces salmon fillets thawed, such as Fishpeople keta salmon fillets
- 3 teaspoons jamaican jerk seasoning
- 1 lime
- 2 tablespoons tamari can use soy sauce or coconut aminos
- 2 tablespoons orange juice
- 1 tablespoon honey or more, to taste
- salt
- pepper
- 2 teaspoons cornstarch
- 1 1/2 cups pineapple diced
- 3 tablespoons red onion finely minced
- 3 tablespoons fresh cilantro minced
- 2 tablespoons jalapeno finely minced
- 1 lime
- rice
- sweet potatoes
- veggies Stir-fry
- avocado

## Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 73 grams
3. Cholesterol: 45 milligrams
4. Fat: 16 grams
5. Fiber: 11 grams
6. Protein: 25 grams
7. SaturatedFat: 3 grams

8. Sodium: 1600 milligrams

9. Sugar: 30 grams

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