

Pick-Up Salfish

Yield: 8 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-pick-up-salfish-recipe>

Ingredients:

- 12 ounces salt cod dried, with skin and bones
- 1 onion medium, minced
- 1 green bell pepper medium, minced
- 2 tomatoes medium, seeded, finely chopped
- 3 tablespoons fresh lime juice
- 1 tablespoon grated lime peel finely
- 1/2 teaspoon scotch bonnet chile minced seeded, or habanero chile
- 1 hard boiled egg peeled, chopped
- 1 avocado peeled, pitted, sliced

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 90 milligrams
4. Fat: 5 grams
5. Fiber: 3 grams
6. Protein: 29 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 3000 milligrams
9. Sugar: 2 grams

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