

Conch Salad

Yield: 4 min

Total Time: 180 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-conch-salad-recipe>

Ingredients:

- 1 pound conch
- 1/2 cup diced onions
- 1/2 cup cucumbers diced
- 1/2 cup green pepper diced
- 1/2 cup diced celery
- 1 tomato minced
- 1/2 cup lemon juice
- lettuce leaves
- salt
- pepper

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 75 milligrams
4. Fat: 1 grams
5. Fiber: 2 grams
6. Protein: 31 grams
7. Sodium: 380 milligrams
8. Sugar: 3 grams

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