



Ackee and Saltfish

 Gluten Free  Dairy Free

READY IN



150 min.

SERVINGS



5

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 20 ounce ackee drained canned
- 1 teaspoon pepper black freshly ground
- 0.5 pound codfish salted boneless
- 1 sprig thyme leaves fresh
- 4 cloves garlic finely chopped
- 2 onions sliced
- 1 teaspoon paprika
- 4 scallions chopped

- 0.3 scotch bonnet pepper with seeds removed finely chopped
- 0.5 cup vegetable oil
- 1 cup bell peppers green red yellow assorted sliced (, , , orange)

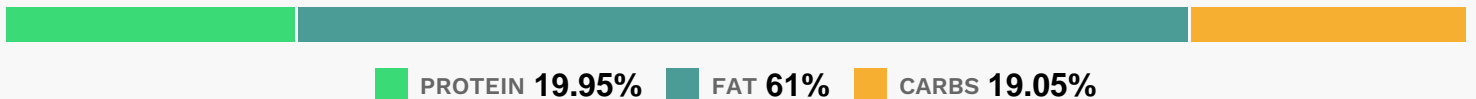
Equipment

- frying pan
- stove

Directions

- Watch how to make this recipe.
- Wash off all the salt from the salted cod fish in cold water, and then soak as follows: Soak for 1 hour in hot water, and then drain and replace with a new batch of hot water for another hour. The fish will be soaked for a total of 2 hours.
- Heat the oil in a medium skillet over medium heat and then add the chopped garlic and cook for 30 seconds.
- Add the sprig of thyme and cook for 30 seconds.
- Add the onions, scallions, bell peppers, and Scotch bonnet pepper and cook for 5 minutes. Stir the entire mix as needed.
- Add the prepared codfish to the skillet and simmer for 5 minutes, stirring as needed.
- Add the ackee to the skillet and simmer for another 2 minutes. Stir in the black pepper and turn off the stove.
- Garnish the cooked meal with the paprika.

Nutrition Facts



Properties

Glycemic Index:47.2, Glycemic Load:1.45, Inflammation Score:-7, Nutrition Score:16.350869577864%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg
Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 10.66mg, Quercetin: 10.66mg, Quercetin: 10.66mg, Quercetin: 10.66mg

Nutrients (% of daily need)

Calories: 279.71kcal (13.99%), Fat: 26.16g (40.24%), Saturated Fat: 0.78g (4.88%), Carbohydrates: 18.39g (6.13%),
Net Carbohydrates: 12.59g (4.58%), Sugar: 2.9g (3.22%), Cholesterol: 19.5mg (6.5%), Sodium: 301.66mg (13.12%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.24g (38.49%), Vitamin C: 65.28mg (79.13%), Iron: 6.97mg
(38.74%), Vitamin K: 31.4µg (29.91%), Vitamin B3: 5.72mg (28.6%), Fiber: 5.8g (23.2%), Phosphorus: 231.47mg
(23.15%), Selenium: 15.68µg (22.4%), Potassium: 663.28mg (18.95%), Vitamin B6: 0.28mg (13.96%), Vitamin B1:
0.2mg (13.16%), Calcium: 129.3mg (12.93%), Manganese: 0.22mg (10.86%), Zinc: 1.54mg (10.29%), Vitamin A:
438.68IU (8.77%), Vitamin B2: 0.15mg (8.61%), Vitamin B12: 0.41µg (6.88%), Magnesium: 26.25mg (6.56%), Vitamin
E: 0.94mg (6.3%), Folate: 21.2µg (5.3%), Copper: 0.07mg (3.73%), Vitamin D: 0.41µg (2.72%), Vitamin B5: 0.19mg
(1.92%)