



Pick-Up Saltfish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



189 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado pitted peeled sliced
- ☐ 1 medium bell pepper green minced
- ☐ 0.5 teaspoon habanero chile minced seeded
- ☐ 1 hardboiled egg peeled chopped
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 tablespoon lime zest finely grated
- ☐ 1 medium onion minced
- ☐ 12 ounce cod (dried with skin and bones)

☐ 2 medium tomatoes seeded finely chopped

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Rinse salt cod with cold water.
- ☐ Place fish in large bowl; cover with cold water. Cover bowl and refrigerate at least 24 hours, changing water once.
- ☐ Drain.
- ☐ Place fish in large skillet; cover with cold water and bring to boil. Reduce heat and simmer until fish flakes easily, about 50 minutes.
- ☐ Drain; cool slightly. Using fingers, shred fish, discarding skin and bones. Measure 1 1/2 cups shredded fish and place in medium bowl (reserve any remaining fish for another use).
- ☐ Add onion, bell pepper, tomatoes, lime juice, lime peel, and chile to fish and stir to blend. Season with salt and pepper. (Can be made 4 hours ahead. Cover and chill.)
- ☐ Mound salad in center of platter.
- ☐ Sprinkle with chopped egg. Surround with avocado slices and serve.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.85, Inflammation Score:-6, Nutrition Score:20.087826189787%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 188.97kcal (9.45%), Fat: 5.47g (8.42%), Saturated Fat: 0.96g (6%), Carbohydrates: 5.96g (1.99%), Net Carbohydrates: 3.38g (1.23%), Sugar: 2.11g (2.34%), Cholesterol: 87.95mg (29.32%), Sodium: 3001.66mg (130.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.58g (57.16%), Selenium: 65.04µg (92.91%), Vitamin B12: 4.32µg (72.03%), Phosphorus: 443.19mg (44.32%), Vitamin C: 23.54mg (28.53%), Vitamin B6: 0.52mg (25.9%), Potassium: 877.91mg (25.08%), Vitamin B3: 3.91mg (19.57%), Magnesium: 71.28mg (17.82%), Vitamin E: 2.03mg (13.55%), Vitamin D: 1.84µg (12.26%), Vitamin B5: 1.22mg (12.17%), Vitamin B1: 0.16mg (10.86%), Folate: 43.14µg (10.78%), Vitamin B2: 0.18mg (10.69%), Fiber: 2.59g (10.35%), Vitamin A: 446.3IU (8.93%), Vitamin K: 9.13µg (8.7%), Calcium: 82.98mg (8.3%), Iron: 1.45mg (8.06%), Copper: 0.16mg (7.96%), Zinc: 1mg (6.69%), Manganese: 0.13mg (6.56%)