

Deliciously Spicy Jamaican Lamb Curry

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/curried-lamb-recipe-jamaican>

Ingredients:

- 2 3/8 cups plain flour
- 1 1/4 cups milk or water, if preferred
- 9/16 tablespoon yeast
- seeds Onion
- 1 teaspoon salt
- 1 dessert
- 1 teaspoon sugar
- oil

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 64 grams
3. Cholesterol: 10 milligrams
4. Fat: 9 grams
5. Fiber: 3 grams
6. Protein: 12 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 650 milligrams
9. Sugar: 6 grams

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