

# Jamaican Steamed Cabbage

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-sweet-cabbage-recipe>

## Ingredients:

- 1 cabbage Large
- 1 medium onion
- 1 medium carrot
- 2 small tomatoes Diced
- 2 cloves garlic
- 1 bell pepper
- 2 tablespoons olive oil
- 1/4 teaspoon black pepper
- 1/4 Scotch Bonnet pepper optional Seed remove and finely chopped
- 3 sprigs thyme
- salt To taste

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 19 grams
3. Fat: 7 grams
4. Fiber: 7 grams
5. Protein: 4 grams
6. SaturatedFat: 1 grams
7. Sodium: 250 milligrams
8. Sugar: 4 grams

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