

Jamaican Cabbage and Shrimp

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 1 pound large shrimp peeled and deveined
- 3 bacon slices cut in 3-4 pieces
- 2 tablespoons cooking oil or more
- 1 whole Scotch Bonnet pepper
- 1 teaspoon paprika
- 2 teaspoons fresh thyme
- 2 green onions sliced
- 1/2 teaspoon all spice
- 2 teaspoons minced garlic
- 1/2 medium onion chopped
- 1/2 bell pepper medium, chopped
- 1 head cabbage chopped, about 5 to 6 cups
- 1 teaspoon chicken bouillon optional
- salt
- white pepper

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 5 milligrams
4. Fat: 10 grams
5. Fiber: 6 grams
6. Protein: 4 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 380 milligrams
9. Sugar: 1 grams

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