

# Jamaican Callaloo Loaf

Yield: 4 min

Total Time: 110 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-callaloo-loaf-recipe>

## Ingredients:

- 2 7/8 cups flour
- 2 teaspoons instant yeast
- 1 tablespoon sugar
- 1 teaspoon salt
- 6 1/8 tablespoons milk
- 5 3/8 tablespoons water
- 7/8 tablespoon oil
- 1 pound callaloo
- 1 tablespoon margarine
- 2 chopped onion medium
- salt to taste
- 1/4 cup water
- 1 clove garlic
- 1 hot pepper scotch bonnet
- 1 tablespoon black pepper
- 2 teaspoons cooking oil
- 1 cup water

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 84 grams
3. Cholesterol: 5 milligrams
4. Fat: 10 grams
5. Fiber: 7 grams
6. Protein: 13 grams
7. SaturatedFat: 1 grams
8. Sodium: 1080 milligrams
9. Sugar: 8 grams
10. TransFat: 0.5 grams

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