

Jamaican Rasta Pasta

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-jerk-ham-recipe>

Ingredients:

- 1 box penne pasta
- green bell pepper 1/2 eac. Red yellow
- 1 teaspoon garlic minced
- 4 cups water
- 1 tablespoon salt
- 1 tablespoon olive oil
- 2 tablespoons butter
- 1 tablespoon all-purpose flour
- 2 1/2 cups heavy whipping cream
- 1 cup cheese Mexican style four
- 1/2 cup mozzarella
- 2 tablespoons jerk season Walkerwood
- 1 teaspoon jerk seasoning

Nutrition:

1. Calories: 1230 calories
2. Carbohydrate: 101 grams
3. Cholesterol: 260 milligrams
4. Fat: 79 grams
5. Fiber: 4 grams
6. Protein: 30 grams
7. SaturatedFat: 46 grams
8. Sodium: 2270 milligrams
9. Sugar: 4 grams

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