

# Jamaican Jerk Shrimp

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-rice-and-beans-recipe-without-coconut-milk>

## Ingredients:

- 1 cup shrimp uncooked, peeled
- 1 tablespoon cooking oil
- 1 tablespoon jerk seasoning or to taste
- 2 cups rice uncooked
- 1 cup beans uncooked
- 1 green onion chopped

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 85 milligrams
4. Fat: 4.5 grams
5. Fiber: 1 grams
6. Protein: 14 grams
7. Sodium: 140 milligrams
8. Sugar: 1 grams

---

Thank you for visiting our website. Hope you enjoy Jamaican Jerk Shrimp above. You can see more 15 jamaican rice and beans recipe without coconut milk Try these culinary delights! to get more great cooking ideas.