

Caribbean Veggies

Yield: 3 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-patties-recipe-levi-roots>

Ingredients:

- 1 aubergine
- 2 courgettes
- 2 peppers
- 4 red onions small
- roots
- seasoning

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 31 grams
3. Fiber: 11 grams
4. Protein: 5 grams
5. Sodium: 40 milligrams
6. Sugar: 15 grams

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