

# Stir Fried Cabbage and Carrots

Yield: 3 min  
Total Time: 22 min

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

## Ingredients:

- 1/3 head cabbage julienned
- 1 carrot large, julienned
- 1 capsicum large yellow, julienned
- 1 red onion large, sliced
- 1 tablespoon oyster sauce
- 2 teaspoons fish sauce
- 1 tablespoon honey
- ground black pepper freshly
- 2 cloves garlic minced
- oil

## Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 18 grams
3. Fat: 7 grams
4. Fiber: 4 grams
5. Protein: 2 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 510 milligrams
8. Sugar: 9 grams

---

Thank you for visiting our website. Hope you enjoy Stir Fried Cabbage and Carrots above. You can see more 19 jamaican stir fried cabbage recipe Cook up something special! to get more great cooking ideas.