

Jamaican Callaloo

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 4 cups callaloo chopped and tightly packed
- 1 tablespoon olive oil
- 1 small onion chopped
- 2 cloves garlic minced
- 2 green onions chopped
- 2 sprigs thyme
- 1 medium tomato chopped
- salt to taste
- 1 Scotch Bonnet pepper
- 1/4 teaspoon cayenne pepper
- 2 tablespoons water

Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 4 grams
3. Fat: 3.5 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. Sodium: 270 milligrams
7. Sugar: 1 grams

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