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Jamaican Steam Cabbage ♦♦

Jamaican Steam Cabbage is a traditional Jamaican dish that is often served alongside other Jamaican dishes such as jerk chicken or rice and peas. It is made by steaming cabbage with onions, garlic, and spices until tender. The dish is known for its vibrant flavors and is a popular choice for vegetarians and vegans.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	cabbage
100 g	onion
2 cloves	garlic
1 tsp	Thyme

1 pepper	Scotch Bonnet Pepper
1 tsp	Salt
1 tsp	Black pepper
2 tbsp	Vegetable Oil

Directions

Step 1

Cut

Chop the cabbage into small pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Dice the onion and mince the garlic.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stove

Heat the vegetable oil in a large pot over medium heat.

Prep Time: 0 mins

Cook Time: 2 mins

Step 4

Stove

Add the onion, garlic, thyme, and Scotch bonnet pepper to the pot. Cook until the onion is translucent.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Stove

Add the cabbage to the pot and stir to combine with the other ingredients.

Prep Time: 0 mins

Cook Time: 8 mins

Step 6

Stove

Cover the pot and let the cabbage steam for 10 minutes, or until tender.

Prep Time: 0 mins

Cook Time: 10 mins

Step 7

Season with salt and black pepper to taste.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 4 g

Protein: 3 g

Carbohydrates: 14 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	14 g	25.45%	28%
Fibers	6 g	15.79%	24%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	10 mg	1%	1%
Iron	8 mg	100%	44.44%
Potassium	10 mg	0.29%	0.38%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

- Summer
- Fall

Events

Picnic

Cuisines

Italian

French

Mediterranean

American

Middle Eastern

Nutritional Content

Low Calorie

Low Fat

High Fiber

Sugar-Free

Kitchen Tools

Blender

Course

Side Dishes

Salads

Snacks

Sauces & Dressings

Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Vegetarian Diet

Raw Food Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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