



Grilled Filet of Beef with Jamaican Rum Glaze



Gluten Free

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READY IN

ready

65 min.

SERVINGS

servings

4

CALORIES

calories

310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups chicken stock see
- ☐ 4 filet mignon steaks
- ☐ 3 gloves garlic minced
- ☐ 2 tablespoons ancho puree
- ☐ 2 tablespoons blackstrap molasses
- ☐ 1 cup myer's rum dark
- ☐ 4 servings salt and pepper freshly ground
- ☐ 2 tablespoons butter unsalted

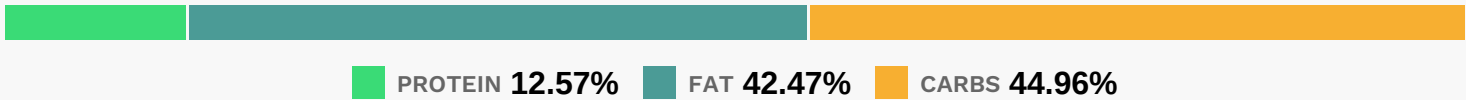
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Melt the butter in a saucepan over medium high heat and sweat the shallots and garlic.
- ☐ Add the rum, bring to a boil and reduce to 1/3 cup.
- ☐ Add the stock, bring to a boil and reduce the heat.
- ☐ Whisk in the remaining ingredients and simmer until reduced to 2 cups.
- ☐ Preheat the grill. Season the steaks on both sides with salt and pepper to taste. Grill to desired doneness.
- ☐ Drizzle with the sauce.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:3.5, Inflammation Score:-9, Nutrition Score:8.7043478339911%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 309.9kcal (15.49%), Fat: 8.29g (12.75%), Saturated Fat: 4.24g (26.48%), Carbohydrates: 19.74g (6.58%), Net Carbohydrates: 17.57g (6.39%), Sugar: 13.38g (14.86%), Cholesterol: 20.45mg (6.82%), Sodium: 463.37mg (20.15%), Alcohol: 20.04g (100%), Alcohol %: 5.81% (100%), Protein: 5.52g (11.04%), Vitamin A: 2138.9IU (42.78%), Vitamin B3: 3.6mg (18.02%), Vitamin B2: 0.25mg (14.68%), Potassium: 485.2mg (13.86%), Vitamin B6: 0.27mg (13.27%), Manganese: 0.26mg (13.14%), Magnesium: 38.61mg (9.65%), Copper: 0.18mg (9.17%), Selenium: 6.39µg (9.13%), Fiber: 2.17g (8.68%), Vitamin K: 8.89µg (8.46%), Iron: 1.36mg (7.57%), Phosphorus: 70.98mg (7.1%), Vitamin B1: 0.08mg (5.44%), Vitamin C: 3.38mg (4.1%), Calcium: 35.1mg (3.51%), Folate: 13.05µg (3.26%), Vitamin E: 0.45mg

(3%), Zinc: 0.41mg (2.76%), Vitamin B5: 0.17mg (1.72%)