



Grilled Filet of Beef with Jamican Rum Glaze



Gluten Free

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READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

319 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 shallots minced

☐ 2 tablespoons butter unsalted

Equipment

☐ sauce pan

☐ whisk

☐ grill

Directions

☐ Melt the butter in a saucepan over mediumhigh heat and sweat the shallots and garlic.

☐ Add the rum, bring to a boil and reduce to 1/3 cup.

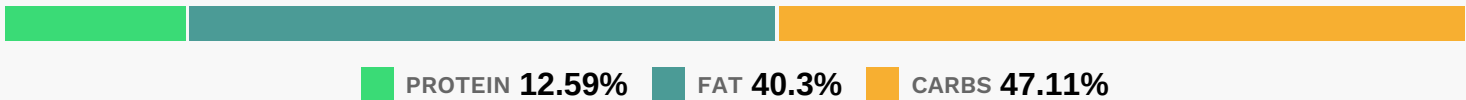
☐ Add the stock, bring to a boil and reduce the heat.

☐ 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:29.75, Glycemic Load:4.01, Inflammation Score:-9, Nutrition Score:9.3191305198099%

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: 318.9kcal (15.94%), Fat: 8.3g (12.77%), Saturated Fat: 4.24g (26.5%), Carbohydrates: 21.84g (7.28%), Net Carbohydrates: 19.27g (7.01%), Sugar: 14.36g (15.96%), Cholesterol: 20.45mg (6.82%), Sodium: 464.87mg (20.21%), Alcohol: 20.04g (100%), Alcohol %: 5.65% (100%), Protein: 5.83g (11.67%), Vitamin A: 2139.4IU (42.79%), Vitamin B3: 3.63mg (18.15%), Vitamin B6: 0.31mg (15.43%), Potassium: 526.95mg (15.06%), Manganese: 0.3mg (14.97%), Vitamin B2: 0.25mg (14.83%), Magnesium: 41.24mg (10.31%), Fiber: 2.57g (10.28%), Copper: 0.19mg (9.72%), Selenium: 6.54µg (9.34%), Vitamin K: 8.99µg (8.56%), Iron: 1.51mg (8.4%), Phosphorus: 78.48mg (7.85%), Vitamin B1:

0.09mg (5.94%), Vitamin C: 4.38mg (5.31%), Folate: 17.3µg (4.32%), Calcium: 39.72mg (3.97%), Zinc: 0.46mg (3.09%), Vitamin E: 0.46mg (3.04%), Vitamin B5: 0.21mg (2.08%)