



Jamaican Jerk Beef Kebabs

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 black-ripe plantains peeled cut into 9 pieces
- ☐ 0.5 cup green onions chopped
- ☐ 1 tablespoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 2 teaspoons soya sauce low-sodium
- ☐ 1 bell pepper red cut into 18 pieces
- ☐ 2 tablespoons red wine vinegar

- ☐ 1 teaspoon salt
- ☐ 2 serrano peppers seeded
- ☐ 1.5 pounds sirloin boneless trimmed cut into 30 cubes
- ☐ 1 teaspoon or dried fresh chopped

Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender
- ☐ grill
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ Prepare grill.
- ☐ Combine first 9 ingredients in a food processor or blender; process until smooth.
- ☐ Place onion mixture, beef, and bell pepper pieces in a large zip-top plastic bag; seal. Marinate in refrigerator 20 minutes.
- ☐ Remove beef and bell pepper pieces from bag; discard marinade.
- ☐ Place beef, bell pepper pieces, and plantain pieces in a large bowl; toss well to coat.
- ☐ Thread 5 beef cubes, 3 red pepper pieces, and 3 plantain pieces alternately onto each of 6 (12-inch) skewers. Lightly coat kebabs with cooking spray.
- ☐ Place kebabs on grill rack coated with cooking spray. Cook 4 minutes on each side for medium-rare or until desired degree of doneness.
- ☐ Garnish with green onion pieces and serve with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:0.46, Inflammation Score:-8, Nutrition Score:20.004782790723%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 239.96kcal (12%), Fat: 5.65g (8.7%), Saturated Fat: 2g (12.47%), Carbohydrates: 22.06g (7.35%), Net Carbohydrates: 19.96g (7.26%), Sugar: 11.57g (12.86%), Cholesterol: 69.17mg (23.06%), Sodium: 518.22mg (22.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.24g (52.49%), Vitamin C: 39.34mg (47.68%), Vitamin B3: 9.14mg (45.71%), Vitamin B6: 0.9mg (45.24%), Selenium: 29.94µg (42.77%), Vitamin K: 40.03µg (38.12%), Zinc: 4.94mg (32.9%), Vitamin A: 1409.31IU (28.19%), Phosphorus: 265.43mg (26.54%), Vitamin B12: 1.35µg (22.49%), Potassium: 769.9mg (22%), Iron: 2.74mg (15.24%), Magnesium: 55.3mg (13.83%), Vitamin B2: 0.2mg (11.6%), Manganese: 0.22mg (11.22%), Folate: 44.38µg (11.09%), Vitamin B5: 1mg (9.97%), Fiber: 2.11g (8.43%), Vitamin B1: 0.13mg (8.35%), Copper: 0.15mg (7.47%), Calcium: 53.7mg (5.37%), Vitamin E: 0.77mg (5.14%)