



## Jerk Beef on Plantain Chips

 **Gluten Free**  **Dairy Free**

READY IN



**25 min.**

SERVINGS



**24**

CALORIES



**9 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 inch frangelico
- 0.3 cup cilantro leaves packed
- 2 teaspoons walkerswood jamaican jerk seasoning
- 3 tablespoons onion rinsed
- 24 fries store-bought
- 1 tablespoon vegetable oil

### Equipment

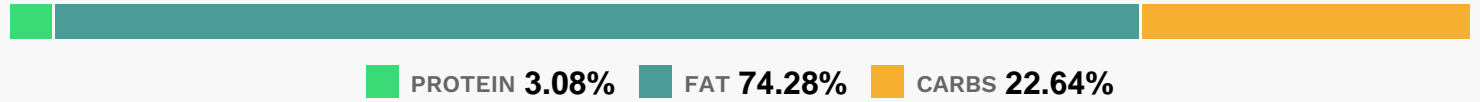
- frying pan

cutting board

## Directions

- Quarter beef lengthwise and pat dry. Season with 1/4 teaspoon salt and rub jerk paste all over beef.
- Heat oil in a medium nonstick skillet over medium-high heat until it shimmers.
- Add beef and sear, turning, 4 to 5 minutes total.
- Let rest on a cutting board 5 minutes.
- Cut crosswise into 1/2-inch-thick slices.
- Finely chop onions and cilantro together. Top plantain chips with beef, then with onion salsa.

## Nutrition Facts



## Properties

Glycemic Index:5.14, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:0.32521739213363%

## Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

## Nutrients (% of daily need)

Calories: 8.63kcal (0.43%), Fat: 0.74g (1.14%), Saturated Fat: 0.14g (0.85%), Carbohydrates: 0.51g (0.17%), Net Carbohydrates: 0.38g (0.14%), Sugar: 0.07g (0.07%), Cholesterol: 0mg (0%), Sodium: 7.79mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.14%), Vitamin K: 1.91µg (1.82%), Vitamin A: 64.44IU (1.29%)