



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 center-cut beef tenderloin
- ☐ 0.3 cup cilantro leaves packed
- ☐ 2 teaspoons jerk seasoning paste
- ☐ 3 tablespoons cocktail onions rinsed
- ☐ 24 plantain chips store-bought
- ☐ 1 tablespoon vegetable oil

Equipment

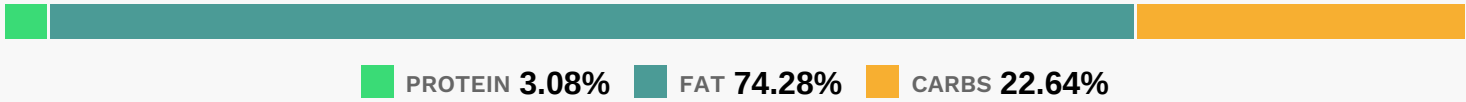
- ☐ frying pan

☐ 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%)