



# Jerk Rib-Eye with Honey Glazed Plantains and Sauteed Collard Greens

 **Gluten Free**  **Very Healthy**

READY IN



**165 min.**

SERVINGS



**1**

CALORIES



**2874 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon allspice
- 1 teaspoon pepper black freshly ground
- 1 tablespoon butter
- 4 ounces butter
- 1 serving canola oil
- 2 tablespoons canola oil
- 0.3 cup chicken stock see

- 12 ounces collard greens fresh coarsely chopped
- 0.3 cup parsley leaves fresh finely chopped
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.3 teaspoon ground cumin
- 0.3 cup honey
- 1 serving kosher salt and freshly cracked pepper black
- 0.3 cup brown sugar light
- 0.3 cup onion diced finely
- 1 plantains ripe
- 1 serving pepper flakes red crushed
- 1 teaspoon pepper flakes red
- 12 ounce rib-eye steak
- 2 teaspoons salt
- 0.3 cup scallions fresh finely chopped

## Equipment

- bowl
- frying pan
- pot
- grill
- ziploc bags
- tongs
- grill pan

## Directions

- Preheat grill or grill pan on high heat.
- Rub jerk seasoning on steak.

- Place steak in a plastic bag to marinate for 1 hour in the refrigerator. After marinating for 1 hour, remove steak from refrigerator and let sit for 15 minutes. Grill steak for 10–12 minutes (4–6 minutes on each side).
- Remove from grill with tongs and let rest for 8 to 12 minutes.
- Serve with plantains and collard greens.
- In a medium bowl, combine all ingredients with 2 tablespoons of canola oil.
- Preheat a medium frying pan and coat with canola oil. Slice plantains on bias, then saute until brown.
- Mix in butter and scallions. Then remove from the heat. Stir in honey and parsley with a large spoon.
- Wash collard greens thoroughly. In a medium stock pot, place collards in hot water for 3 minutes, remove and drain.
- In a large saute pan, melt 1 tablespoon of butter, then add onions and crushed red pepper, saute. Then add collards and chicken stock to saute pan. Cook on high heat, stirring occasionally for 5 to 7 minutes. Season with salt and pepper, to taste.

## Nutrition Facts

■ PROTEIN **11.55%** ■ FAT **59.55%** ■ CARBS **28.9%**

### Properties

Glycemic Index:300.27, Glycemic Load:38.52, Inflammation Score:-10, Nutrition Score:77.884347646133%

### Flavonoids

Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 30.56mg, Kaempferol: 30.56mg, Kaempferol: 30.56mg, Kaempferol: 30.56mg Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg Quercetin: 19.58mg, Quercetin: 19.58mg, Quercetin: 19.58mg, Quercetin: 19.58mg

### Nutrients (% of daily need)

Calories: 2873.77kcal (143.69%), Fat: 198.39g (305.22%), Saturated Fat: 90.7g (566.91%), Carbohydrates: 216.59g (72.2%), Net Carbohydrates: 194.26g (70.64%), Sugar: 159.58g (177.32%), Cholesterol: 483.22mg (161.07%), Sodium: 6097.3mg (265.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 86.56g (173.11%), Vitamin K: 1888.59µg (1798.66%), Vitamin A: 25085.17IU (501.7%), Vitamin C: 183.62mg (222.57%), Manganese: 3.63mg (181.58%), Folate: 547.73µg (136.93%), Selenium: 95.58µg (136.54%), Vitamin E: 19.89mg (132.59%), Vitamin B6: 2.62mg (130.95%),

Zinc: 19.55mg (130.32%), Vitamin B3: 22.62mg (113.09%), Calcium: 1026.99mg (102.7%), Vitamin B12: 5.86µg (97.73%), Vitamin B2: 1.61mg (94.78%), Fiber: 22.33g (89.31%), Potassium: 3113.77mg (88.96%), Phosphorus: 739.4mg (73.94%), Iron: 12.5mg (69.45%), Magnesium: 276.86mg (69.21%), Vitamin B1: 0.69mg (45.92%), Copper: 0.81mg (40.66%), Vitamin B5: 1.91mg (19.11%), Vitamin D: 0.34µg (2.27%)