

# Grilled Jamaican Steak Flatbread

Yield: 8 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-steak-recipe>

## Ingredients:

- 1 pound flank steak
- 1 bottle jamaican jerk marinade
- 16 ounces frozen pizza dough thawed
- 3/4 cup frozen corn or fresh
- 1 green pepper sliced
- 1 red pepper sliced
- 1 yellow pepper sliced
- 1/2 cup onion sliced
- 1 clove minced garlic
- 1 medium tomato diced
- 2 cups cheddar cheese shredded
- salt
- pepper
- crushed red pepper to taste
- 3 tablespoons fresh cilantro chopped
- olive oil

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 50 milligrams
4. Fat: 18 grams
5. Fiber: 4 grams
6. Protein: 25 grams
7. SaturatedFat: 9 grams
8. Sodium: 500 milligrams
9. Sugar: 3 grams

10. TransFat: 1.5 grams

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