

Caribbean Jerk Beef Steak

Yield: 4 min
Total Time: 211 min

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

Ingredients:

- 3/4 cup Wish-Bone Italian Dressing
- 1 tablespoon worcestershire sauce
- 1 tablespoon firmly packed brown sugar
- 1 jalapeno pepper large, seeded and finely chopped
- 1 teaspoon ground allspice
- 1 teaspoon ground ginger
- 1 steak

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 9 grams
3. Fat: 12 grams
4. SaturatedFat: 2 grams
5. Sodium: 760 milligrams
6. Sugar: 7 grams

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