



Anticuchos (Peruvian Beef Kebabs)

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



159 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon aji amarillo–pineapple salsa hot
- 2 teaspoons aji amarillo–pineapple salsa hot
- 0.5 teaspoon pepper black freshly ground
- 1 teaspoon pepper black freshly ground
- 3 tablespoons parsley fresh chopped
- 0.5 teaspoon ground cumin
- 0.3 teaspoon turmeric
- 0.5 teaspoon turmeric

- 6 servings hot sauce yellow
- 3 tablespoons red wine vinegar
- 1 teaspoon salt
- 1.5 pounds rump steak boneless trimmed cut into 1/2-inch pieces

Equipment

- bowl
- grill
- skewers

Directions

- To prepare the beef, combine first 7 ingredients in a large bowl; toss well. Cover and chill 3 hours.
- To prepare fiery rub, combine 1 teaspoon paprika, 1 teaspoon salt, 1/2 teaspoon pepper, turmeric, and parsley.
- Prepare grill.
- Remove beef from bowl, discarding marinade. Thread beef onto each of 6 (10-inch) skewers. Press fiery rub onto beef.
- Place kebabs on grill rack coated with cooking spray; grill 6 minutes or until desired degree of doneness, turning once.
- Serve with Roasted Yellow Pepper Sauce.

Nutrition Facts

PROTEIN 65.93% **FAT 31.64%** **CARBS 2.43%**

Properties

Glycemic Index:33.5, Glycemic Load:0.17, Inflammation Score:-9, Nutrition Score:13.875652333964%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin:

0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 158.99kcal (7.95%), Fat: 5.34g (8.22%), Saturated Fat: 1.96g (12.24%), Carbohydrates: 0.92g (0.31%), Net Carbohydrates: 0.62g (0.23%), Sugar: 0.16g (0.18%), Cholesterol: 69.17mg (23.06%), Sodium: 457.28mg (19.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.06g (50.11%), Vitamin B3: 8.5mg (42.49%), Selenium: 28.98µg (41.39%), Vitamin B6: 0.7mg (35.13%), Vitamin K: 35.48µg (33.79%), Zinc: 4.75mg (31.67%), Phosphorus: 237.59mg (23.76%), Vitamin B12: 1.35µg (22.49%), Iron: 2.3mg (12.77%), Potassium: 425.92mg (12.17%), Vitamin C: 6.39mg (7.75%), Vitamin B5: 0.76mg (7.59%), Vitamin B2: 0.13mg (7.5%), Magnesium: 29.91mg (7.48%), Manganese: 0.12mg (5.85%), Vitamin B1: 0.07mg (4.98%), Copper: 0.1mg (4.98%), Folate: 18.55µg (4.64%), Calcium: 39.78mg (3.98%), Vitamin A: 196.96IU (3.94%), Vitamin E: 0.42mg (2.83%), Fiber: 0.3g (1.2%)