



Awesome Spicy Beef Kabobs OR Haitian Voodoo Sticks



Gluten Free



Dairy Free



Popular

READY IN



152 min.

SERVINGS



4

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons beef bouillon granules
- ☐ 1.5 pounds beef sirloin cut into 1/2-inch cubes
- ☐ 1 teaspoon pepper black
- ☐ 2 teaspoons cayenne pepper
- ☐ 3 cloves garlic minced
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons vegetable oil

☐ 2 tablespoons water

Equipment

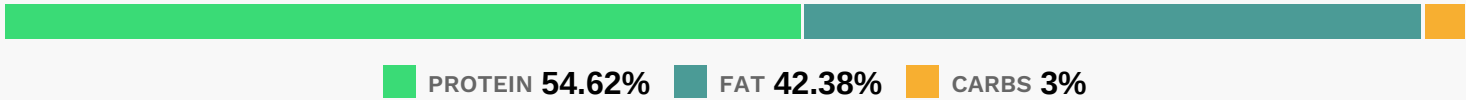
☐ grill

☐ skewers

Directions

- ☐ Dissolve bouillon in water. Stir in the garlic, cayenne pepper, salt, and black pepper. Toss the meat in the marinade, cover, and marinate in the refrigerator for at least 2 hours.
- ☐ Preheat a grill for high heat.
- ☐ Skewer the beef cubes, using 6 to 8 pieces per skewer.
- ☐ Pour the oil onto a plate, and roll the skewers in it to coat them on all sides.
- ☐ Grill the skewers, turning frequently, until the beef has turned light pink, 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.37, Inflammation Score:-5, Nutrition Score:19.474347632864%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 279.67kcal (13.98%), Fat: 12.8g (19.69%), Saturated Fat: 3.08g (19.25%), Carbohydrates: 2.03g (0.68%), Net Carbohydrates: 1.59g (0.58%), Sugar: 0.49g (0.55%), Cholesterol: 93.65mg (31.22%), Sodium: 990.5mg (43.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.11g (74.23%), Selenium: 50.11µg (71.59%), Vitamin B6: 1.13mg (56.35%), Vitamin B3: 11.01mg (55.04%), Zinc: 7.09mg (47.26%), Vitamin B12: 2.15µg (35.85%), Phosphorus: 358.08mg (35.81%), Iron: 3.25mg (18.07%), Potassium: 619.17mg (17.69%), Vitamin K: 16.04µg (15.27%), Vitamin B2: 0.25mg (14.7%), Vitamin B5: 1.1mg (10.96%), Vitamin B1: 0.16mg (10.87%), Magnesium: 43.39mg (10.85%), Copper: 0.18mg (9.18%), Vitamin E: 1.32mg (8.81%), Vitamin A: 419.06IU (8.38%), Manganese: 0.15mg (7.69%), Folate: 22.42µg (5.61%), Calcium: 43.69mg (4.37%), Vitamin C: 1.47mg (1.78%), Fiber: 0.45g (1.78%)