



## Beef and Vegetable Kabobs



Gluten Free



Dairy Free



Very Healthy

READY IN



14 min.

SERVINGS



2

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 pound beef top sirloin steaks boneless lean
- ☐ 0.5 teaspoon curry powder
- ☐ 2 tablespoons wine dry red
- ☐ 4 medium size mushrooms fresh
- ☐ 0.5 teaspoon garlic minced
- ☐ 2 tablespoons maple syrup reduced-calorie
- ☐ 1 teaspoon olive oil
- ☐ 2 small onion quartered

- ☐ 0.3 teaspoon pepper
- ☐ 1 small bell pepper sweet red cut into 1-inch pieces
- ☐ 1 tablespoon red wine vinegar
- ☐ 1 medium size to 3 sized squashes yellow cut into 4 (1-inch) pieces
- ☐ 1 medium zucchini cut into 4 (1-inch) pieces

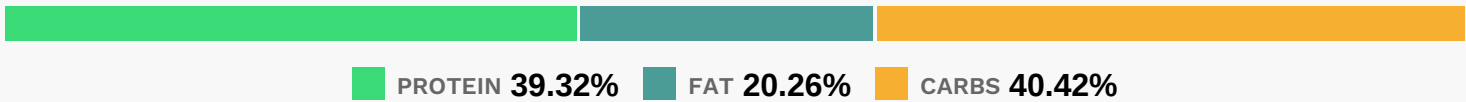
## Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags
- ☐ skewers

## Directions

- ☐ Trim fat from steak; cut steak into 1-inch pieces.
- ☐ Place steak in a heavy-duty, zip-top plastic bag.
- ☐ Combine wine and next 6 ingredients in a small bowl, stirring well.
- ☐ Pour wine mixture over steak. Seal bag, and shake until steak is well coated. Marinate in refrigerator at least 8 hours, turning bag occasionally.
- ☐ Remove steak from marinade, reserving marinade. Thread steak, onion, sweet red pepper, zucchini, yellow squash, and mushrooms alternately onto 4 (10-inch) skewers.
- ☐ Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- ☐ Place kabobs on rack; grill, covered, 12 to 14 minutes or to desired degree of doneness, turning and basting frequently with reserved marinade.

## Nutrition Facts



## Properties

Glycemic Index:120.75, Glycemic Load:8.24, Inflammation Score:-9, Nutrition Score:30.862609044365%

## Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 15.04mg, Quercetin: 15.04mg, Quercetin: 15.04mg, Quercetin: 15.04mg

Nutrients (% of daily need)

Calories: 311.7kcal (15.59%), Fat: 6.9g (10.62%), Saturated Fat: 1.97g (12.31%), Carbohydrates: 30.99g (10.33%), Net Carbohydrates: 26.32g (9.57%), Sugar: 21.93g (24.36%), Cholesterol: 66.9mg (22.3%), Sodium: 82.46mg (3.59%), Alcohol: 1.58g (100%), Alcohol %: 0.4% (100%), Protein: 30.15g (60.3%), Vitamin C: 87.91mg (106.56%), Vitamin B6: 1.33mg (66.73%), Selenium: 39.63µg (56.61%), Manganese: 1.04mg (51.86%), Vitamin B3: 10.18mg (50.92%), Vitamin B2: 0.84mg (49.13%), Phosphorus: 381.96mg (38.2%), Zinc: 5.73mg (38.18%), Potassium: 1286.83mg (36.77%), Vitamin A: 1558.23IU (31.16%), Folate: 104.64µg (26.16%), Magnesium: 81.81mg (20.45%), Vitamin B5: 1.9mg (19.04%), Fiber: 4.67g (18.68%), Vitamin B1: 0.28mg (18.47%), Iron: 3.29mg (18.27%), Vitamin B12: 1.08µg (18.03%), Copper: 0.36mg (18.02%), Vitamin K: 12.62µg (12.02%), Vitamin E: 1.56mg (10.38%), Calcium: 102.34mg (10.23%)