



## Beef and Vegetable Kebabs

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**199 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons canola oil
- 8 cherry tomatoes
- 0.5 teaspoon thyme leaves dried
- 16 pieces green onions (1-inch)
- 1 teaspoon kosher salt
- 4 ounces mushrooms
- 1 pound rump steak boneless trimmed cut into 1-inch cubes

1 inch bell pepper yellow ( 1 pepper)

## Equipment

broiler

skewers

broiler pan

## Directions

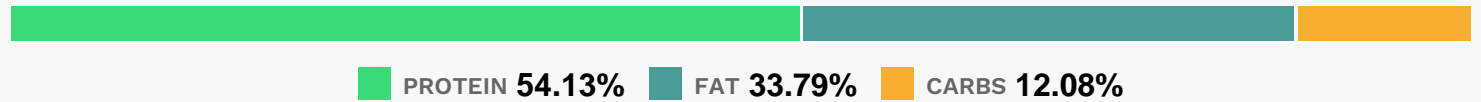
Preheat broiler.

Divide the first 5 ingredients evenly among 4 (12-inch) skewers, and sprinkle with salt, thyme, and black pepper.

Place on a broiler pan coated with cooking spray; drizzle kebabs with oil.

Broil 10 minutes or until desired degree of doneness, turning once.

## Nutrition Facts



## Properties

Glycemic Index:24, Glycemic Load:0.95, Inflammation Score:-7, Nutrition Score:21.644782434339%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Quercetin: 5.37mg, Quercetin: 5.37mg, Quercetin: 5.37mg, Quercetin: 5.37mg

## Nutrients (% of daily need)

Calories: 199.31kcal (9.97%), Fat: 7.48g (11.51%), Saturated Fat: 2.13g (13.28%), Carbohydrates: 6.01g (2%), Net Carbohydrates: 4.16g (1.51%), Sugar: 2.53g (2.81%), Cholesterol: 69.17mg (23.06%), Sodium: 658.95mg (28.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.95g (53.91%), Vitamin K: 105.56µg (100.53%), Vitamin B3: 9.88mg (49.42%), Selenium: 32.03µg (45.75%), Vitamin B6: 0.77mg (38.46%), Zinc: 5.09mg (33.92%), Phosphorus: 284.73mg (28.47%), Vitamin B12: 1.36µg (22.68%), Vitamin C: 18.6mg (22.54%), Potassium: 688.72mg (19.68%), Iron: 3.11mg (17.26%), Vitamin B2: 0.28mg (16.59%), Folate: 55.23µg (13.81%), Vitamin A: 651.52IU (13.03%), Vitamin B5: 1.25mg (12.46%), Copper: 0.24mg (12.11%), Magnesium: 41.87mg (10.47%), Vitamin B1: 0.13mg (8.78%), Manganese: 0.17mg (8.49%), Vitamin E: 1.19mg (7.95%), Calcium: 74.25mg (7.42%), Fiber: 1.85g (7.41%), Vitamin D: 0.17µg (1.13%)