



Beef Kebabs

READY IN



73 min.

SERVINGS



4

CALORIES



855 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons canola oil
- ☐ 2 cups chicken broth
- ☐ 10 ounce couscous
- ☐ 1 tablespoon garlic chopped
- ☐ 2 teaspoons garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 2 teaspoon hot sauce
- ☐ 0.5 cup yogurt plain

- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 3 pounds bottom round steak cut into 1-inch cubes
- ☐ 1 teaspoon salt
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 large onion yellow chopped

Equipment

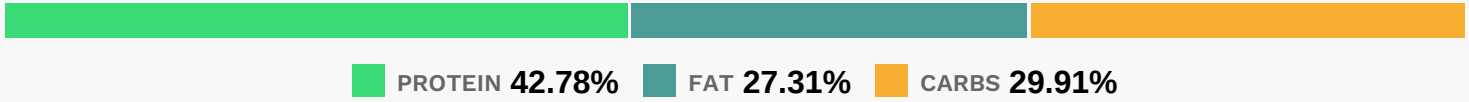
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ skewers
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: 8 bamboo skewers, soaked in water for about 20 minutes
- ☐ In a large bowl whisk together canola oil, garlic, yogurt, cumin, salt, pepper and hot sauce. Reserve half the marinade, in a covered bowl, and refrigerate.
- ☐ Add beef cubes to remaining marinade, cover and refrigerate for anywhere from 30 minutes to overnight.
- ☐ Preheat grill pan or outdoor grill to medium high heat. Be sure to oil the grill surface before grilling the kebabs.
- ☐ Thread beef cubes and onion pieces onto skewers, alternating 3 pieces of beef and onion per skewer. Set aside extra beef cubes for another use.
- ☐ Place skewers on the grill pan and cook 3 to 4 minutes on each side for medium-rare.
- ☐ Place kebabs on a serving platter along with Spicy Couscous.
- ☐ Drizzle with some of the reserved marinade and serve.
- ☐ Heat oil in a medium saucepan over medium-low heat.
- ☐ Saute garlic with red pepper flakes for 2 minutes being careful not to burn garlic.

- ☐
- Add the chicken broth, turn up heat to medium–high and bring to a boil. Stir in couscous, cover and remove from the heat.
- ☐
- Let stand 5 minutes. Season with salt and pepper and fluff with fork.
- ☐
- Transfer to a serving bowl and serve.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:34.77, Inflammation Score:-7, Nutrition Score:42.890869513802%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg

Nutrients (% of daily need)

Calories: 854.65kcal (42.73%), Fat: 25.21g (38.78%), Saturated Fat: 6.87g (42.92%), Carbohydrates: 62.13g (20.71%), Net Carbohydrates: 57.59g (20.94%), Sugar: 3.63g (4.03%), Cholesterol: 220.65mg (73.55%), Sodium: 1296.42mg (56.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 88.87g (177.75%), Selenium: 99.26µg (141.81%), Vitamin B3: 26.39mg (131.94%), Vitamin B6: 2.46mg (122.91%), Vitamin B12: 6.57µg (109.44%), Zinc: 15.6mg (104.01%), Phosphorus: 930.31mg (93.03%), Iron: 8.67mg (48.16%), Vitamin B2: 0.75mg (43.82%), Potassium: 1477.22mg (42.21%), Manganese: 0.82mg (40.95%), Vitamin B5: 3.38mg (33.84%), Vitamin B1: 0.5mg (33.46%), Magnesium: 128.78mg (32.2%), Copper: 0.58mg (28.87%), Fiber: 4.54g (18.18%), Folate: 68.12µg (17.03%), Vitamin E: 2.53mg (16.89%), Calcium: 149.59mg (14.96%), Vitamin K: 10.32µg (9.82%), Vitamin C: 5.56mg (6.74%), Vitamin A: 192.8IU (3.86%), Vitamin D: 0.37µg (2.47%)