



Beef Kebabs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



25 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound frangelico
- ☐ 0.1 teaspoon pepper black
- ☐ 10 cherry tomatoes
- ☐ 1 medium size bell pepper green cut into 20 squares
- ☐ 10 small mushrooms
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons worcestershire sauce
- ☐ 2 small to 3 sized squashes yellow cut into 10 slices

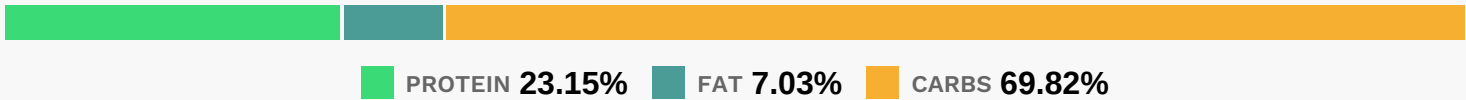
Equipment

- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Prepare grill.
- ☐ Cut meat into 20 (3/4-inch) cubes.
- ☐ Sprinkle Worcestershire sauce over meat. Thread meat, bell pepper, tomatoes, mushrooms, and squash alternately onto 5 (12-inch) skewers.
- ☐ Sprinkle evenly with black pepper.
- ☐ Place kebabs on grill rack coated with cooking spray; grill, uncovered, 10 minutes or to desired degree of doneness, turning once.
- ☐ Sprinkle evenly with salt.
- ☐ Tip: If using wooden skewers, be sure to soak them in water 30 minutes before threading to keep them from burning during grilling.

Nutrition Facts



Properties

Glycemic Index:21.2, Glycemic Load:0.56, Inflammation Score:-5, Nutrition Score:6.4113043404144%

Flavonoids

Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 24.81kcal (1.24%), Fat: 0.23g (0.36%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 5.19g (1.73%), Net Carbohydrates: 3.82g (1.39%), Sugar: 3.09g (3.44%), Cholesterol: 0mg (0%), Sodium: 153.88mg (6.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.44%), Vitamin C: 35.64mg (43.2%), Vitamin B6: 0.2mg (10.2%),

Vitamin B2: 0.16mg (9.69%), Potassium: 322.92mg (9.23%), Manganese: 0.16mg (8.17%), Vitamin A: 350.89IU (7.02%), Copper: 0.13mg (6.72%), Vitamin B3: 1.26mg (6.32%), Folate: 24.09µg (6.02%), Fiber: 1.37g (5.5%), Phosphorus: 50.94mg (5.09%), Vitamin B1: 0.07mg (4.43%), Vitamin B5: 0.44mg (4.41%), Vitamin K: 4.24µg (4.03%), Iron: 0.71mg (3.95%), Magnesium: 15.66mg (3.92%), Selenium: 2.14µg (3.06%), Vitamin E: 0.34mg (2.26%), Zinc: 0.32mg (2.17%), Calcium: 16.66mg (1.67%)