



Beef Kebabs



Gluten Free



Dairy Free



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup olive oil extra virgin
- ☐ 0.3 cup soya sauce
- ☐ 3 tablespoons red wine vinegar
- ☐ 0.3 cup honey
- ☐ 2 cloves garlic minced
- ☐ 1 tablespoon ginger fresh minced
- ☐ 4 servings pepper black freshly ground to taste
- ☐ 1.5 pounds beef top sirloin steaks cut into 1 1/2-inch cubes

- ☐ 1 large bell pepper
- ☐ 1 medium onions red
- ☐ 0.5 to a pound button mushrooms
- ☐ 20 wooden skewers
- ☐ 20 wooden skewers

Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers
- ☐ cutting board

Directions

- ☐ Marinate the meat:
- ☐ Mix the marinade ingredients together in a bowl and add the meat. Cover and chill in the fridge for at least 30 minutes, preferably several hours or even overnight. (Heck, I've kept the meat marinating for a couple days, still great.)
- ☐ Soak skewers in water: Soak the wood or bamboo skewers in water for at least 30 minutes before grilling. This will help prevent them from completely burning up on the grill.
- ☐ Thread the meat and veggies onto the skewers:
- ☐ Cut the vegetables into chunks roughly the width of the beef pieces. Taking care not to poke yourself, thread the meat and vegetables onto double bamboo skewers.
- ☐ One way to do this safely is to put the piece that you are trying to pierce on a cutting board, and then push the skewers through the piece to the board.
- ☐ Using double skewers will help you turn the kebabs on the grill. If you keep a little space between the pieces, they will grill more evenly.
- ☐ Paint the kebabs with some of the remaining marinade.
- ☐ Grill on high, direct heat: Prepare your grill for high, direct heat. Grill for 8 to 10 minutes, depending on how hot your grill is, and how done you would like your meat, turning occasionally.
- ☐ Let the meat rest for 5 minutes before serving.

Nutrition Facts

 **PROTEIN 34.1%**  **FAT 45.43%**  **CARBS 20.47%**

Properties

Glycemic Index:58.82, Glycemic Load:10.54, Inflammation Score:-8, Nutrition Score:26.049565409756%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

Nutrients (% of daily need)

Calories: 479.39kcal (23.97%), Fat: 24.22g (37.27%), Saturated Fat: 4.75g (29.7%), Carbohydrates: 24.56g (8.19%), Net Carbohydrates: 22.92g (8.33%), Sugar: 20.71g (23.01%), Cholesterol: 100.36mg (33.45%), Sodium: 1180.69mg (51.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.9g (81.81%), Selenium: 53.36µg (76.22%), Vitamin C: 55.29mg (67.01%), Vitamin B6: 1.29mg (64.43%), Vitamin B3: 12.34mg (61.71%), Zinc: 7.12mg (47.49%), Phosphorus: 409.62mg (40.96%), Vitamin B12: 1.6µg (26.67%), Vitamin A: 1284.94IU (25.7%), Vitamin E: 3.73mg (24.86%), Potassium: 813.03mg (23.23%), Iron: 3.73mg (20.73%), Vitamin B2: 0.3mg (17.43%), Vitamin K: 15.02µg (14.3%), Magnesium: 56.92mg (14.23%), Vitamin B5: 1.41mg (14.15%), Manganese: 0.26mg (13.09%), Folate: 50.78µg (12.7%), Vitamin B1: 0.18mg (11.96%), Copper: 0.2mg (10.06%), Fiber: 1.64g (6.57%), Calcium: 56.12mg (5.61%)