



Beef Kebabs with Orange Glaze

 Gluten Free

READY IN



25 min.

SERVINGS



15

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 pint cherry tomatoes
- ☐ 2 teaspoons dijon mustard
- ☐ 8 mushrooms halved
- ☐ 0.3 cup orange juice concentrate frozen
- ☐ 1 onion red separated quartered
- ☐ 15 servings salt and pepper
- ☐ 1.5 pounds sirloin boneless cut into 1-inch cubes
- ☐ 0.3 cup soya sauce

☐ 4 tablespoons butter unsalted melted

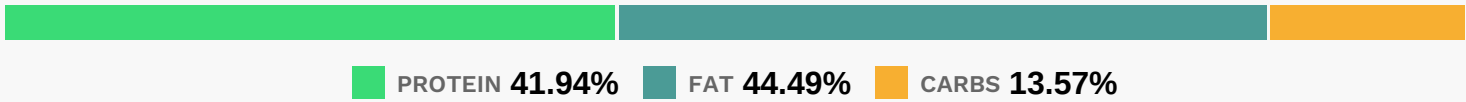
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ grill
- ☐ broiler
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ Preheat broiler or prepare a charcoal fire and let burn to a gray ash. Stir orange juice concentrate with soy sauce, mustard and butter in a small saucepan over medium-high heat until smooth, 2 minutes.
- ☐ Thread beef onto 8 long metal skewers, dividing evenly and alternating with mushrooms, onion pieces and cherry tomatoes.
- ☐ Brush orange mixture evenly over threaded skewers and season with salt and pepper. Bring any remaining glaze to a boil in saucepan, then remove from heat and reserve.
- ☐ Set broiling pan or grill about 6 inches from heat source. Broil or grill skewers for 6 to 8 minutes, turning often, until meat and mushrooms are browned and onions are just charred on edges.
- ☐ Serve kebabs warm with remaining glaze on the side.

Nutrition Facts



Properties

Glycemic Index:7.07, Glycemic Load:0.26, Inflammation Score:-3, Nutrition Score:6.9869565264038%

Flavonoids

Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 105.85kcal (5.29%), Fat: 5.22g (8.04%), Saturated Fat: 2.71g (16.93%), Carbohydrates: 3.58g (1.19%), Net Carbohydrates: 3.14g (1.14%), Sugar: 2.4g (2.66%), Cholesterol: 35.7mg (11.9%), Sodium: 446.27mg (19.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.08g (22.16%), Vitamin B3: 4.05mg (20.26%), Selenium: 12.99µg (18.56%), Vitamin B6: 0.33mg (16.28%), Vitamin C: 11.23mg (13.61%), Zinc: 2mg (13.33%), Phosphorus: 118.23mg (11.82%), Vitamin B12: 0.55µg (9.17%), Potassium: 274.05mg (7.83%), Vitamin B2: 0.11mg (6.63%), Iron: 1.04mg (5.76%), Vitamin B5: 0.53mg (5.32%), Copper: 0.09mg (4.55%), Magnesium: 17.15mg (4.29%), Vitamin B1: 0.06mg (4.14%), Folate: 15.65µg (3.91%), Vitamin A: 188.98IU (3.78%), Manganese: 0.06mg (3.12%), Vitamin E: 0.36mg (2.39%), Calcium: 20.45mg (2.05%), Fiber: 0.45g (1.79%), Vitamin K: 1.35µg (1.29%)