



Beef, Okra, and Potato Kebabs



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



584 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 fingerling potatoes cut in half lengthwise
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1.5 tablespoons horseradish prepared
- ☐ 16 small okra pods
- ☐ 2 teaspoons olive oil
- ☐ 1 cup bell pepper red cut (1-inch-square)
- ☐ 0.5 teaspoon salt divided

- ☐ 8 shallots peeled halved
- ☐ 1 pound rump steak boneless trimmed cut into 1-inch cubes
- ☐ 1.5 teaspoons sugar
- ☐ 1.5 tablespoons whole-grain dijon mustard
- ☐ 1 tablespoon worcestershire sauce
- ☐ 1 medium baby squash yellow halved lengthwise cut into 1/2-inch slices (2 cups)

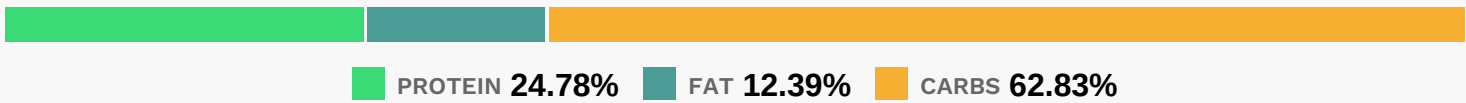
Equipment

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

Directions

- ☐ Place potatoes in a saucepan; cover with water. Bring to a boil. Reduce heat, and simmer 15 minutes or until tender; drain. Cool.
- ☐ Combine parsley and the next 6 ingredients (through black pepper) in a large bowl, stirring well; stir in 1/4 teaspoon salt.
- ☐ Add potatoes, bell pepper, okra, shallots, beef, and squash; toss well to coat. Cover and chill 1 hour.
- ☐ Prepare grill.
- ☐ Thread vegetables and beef alternately onto each of 8 (10-inch) skewers.
- ☐ Sprinkle kebabs evenly with remaining 1/4 teaspoon salt.
- ☐ Place kebabs on grill rack coated with cooking spray; grill 10 minutes or until desired degree of doneness, turning occasionally.

Nutrition Facts



Properties

Glycemic Index:102.71, Glycemic Load:59.25, Inflammation Score:-10, Nutrition Score:44.365217157032%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 13.14mg, Quercetin: 13.14mg, Quercetin: 13.14mg, Quercetin: 13.14mg

Nutrients (% of daily need)

Calories: 584.36kcal (29.22%), Fat: 8.22g (12.64%), Saturated Fat: 2.41g (15.08%), Carbohydrates: 93.74g (31.25%), Net Carbohydrates: 79.38g (28.87%), Sugar: 13.08g (14.53%), Cholesterol: 69.17mg (23.06%), Sodium: 534.66mg (23.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.97g (73.93%), Vitamin C: 159.61mg (193.46%), Vitamin B6: 2.44mg (121.96%), Potassium: 2767.91mg (79.08%), Vitamin B3: 14.2mg (70.99%), Manganese: 1.37mg (68.49%), Vitamin K: 62.7µg (59.71%), Phosphorus: 574.6mg (57.46%), Fiber: 14.35g (57.42%), Selenium: 33.37µg (47.68%), Magnesium: 180.71mg (45.18%), Zinc: 6.76mg (45.06%), Folate: 167.05µg (41.76%), Vitamin B1: 0.6mg (39.7%), Iron: 6.89mg (38.27%), Vitamin A: 1795.13IU (35.9%), Copper: 0.69mg (34.57%), Vitamin B5: 2.49mg (24.89%), Vitamin B2: 0.41mg (24.16%), Vitamin B12: 1.35µg (22.49%), Calcium: 165.46mg (16.55%), Vitamin E: 1.54mg (10.28%)