



## Beef & Red Pepper Kabobs

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



50

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup heinz balsamic vinegar
- 2 lb beef sirloin steak cut into 1-1/2-inch chunks
- 4 cups rice long-grain white hot cooked
- 1 Tbsp parsley fresh chopped
- 1 green onion chopped
- 2 Tbsp olive oil
- 4 pasilla peppers red cut into 1-1/2-inch pieces
- 2 Tbsp water

- 1.3 oz pkt. a.1. original marinade mix
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## Equipment

- grill
- skewers

## Directions

- Mix first 4 ingredients until blended; pour over meat in shallow dish. Refrigerate 30 min. to marinate.
- Heat grill to medium heat. Thread meat and peppers alternately onto 8 skewers. Grill 5 to 7 min. or until meat is done and peppers are crisp-tender, turning occasionally.
- Combine remaining ingredients.
- Serve with kabobs.

## Nutrition Facts



## Properties

Glycemic Index:5.1, Glycemic Load:4.06, Inflammation Score:-3, Nutrition Score:3.3578260566877%

## Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 65.36kcal (3.27%), Fat: 3.31g (5.1%), Saturated Fat: 1.18g (7.4%), Carbohydrates: 4.37g (1.46%), Net Carbohydrates: 4.12g (1.5%), Sugar: 0.6g (0.67%), Cholesterol: 10.16mg (3.39%), Sodium: 10.72mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.41%), Vitamin C: 12.33mg (14.95%), Vitamin B12: 0.5µg (8.41%), Vitamin A: 306.87IU (6.14%), Selenium: 3.95µg (5.65%), Vitamin B6: 0.11mg (5.43%), Zinc: 0.68mg (4.56%), Vitamin B3: 0.8mg (4.02%), Phosphorus: 39.86mg (3.99%), Manganese: 0.07mg (3.74%), Vitamin B2: 0.04mg (2.51%), Iron: 0.45mg (2.51%), Vitamin K: 2.55µg (2.43%), Potassium: 83.09mg (2.37%), Vitamin B1: 0.03mg (1.73%), Magnesium: 6.53mg (1.63%), Vitamin E: 0.24mg (1.59%), Folate: 6.12µg (1.53%), Vitamin B5: 0.14mg (1.36%), Copper: 0.03mg

(1.27%), Fiber: 0.26g (1.04%)