



Beef Skewers (Chuzos de Res)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



145 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pound beef filet diced
- ☐ 0.5 cup beer
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 4 servings olive oil for brushing
- ☐ 0.3 cup onion finely chopped
- ☐ 4 servings salt and pepper black
- ☐ 1 scallion chopped

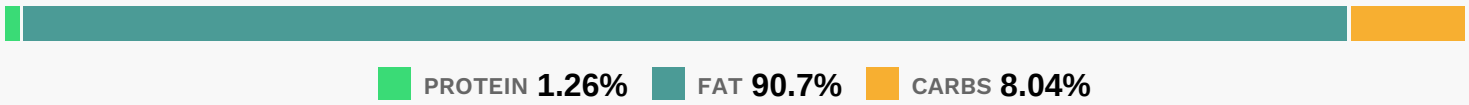
Equipment

- ☐ grill
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ Mix the onion, garlic, scallion, ground cumin, beer, salt and pepper in a large zip lock plastic bag.
- ☐ Add the beef and let it marinate overnight or for at least 5 hours in the refrigerator.Preheat the grill to high. Thread the beef onto skewers and brush with olive oil. Grill until browned on all sides, 5 to 7 minutes total.
- ☐ Serve the skewers with a papa salada and small arepa.

Nutrition Facts



Properties

Glycemic Index:33.63, Glycemic Load:0.82, Inflammation Score:-3, Nutrition Score:2.1591304621619%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 144.58kcal (7.23%), Fat: 14.08g (21.66%), Saturated Fat: 1.94g (12.14%), Carbohydrates: 2.81g (0.94%), Net Carbohydrates: 2.5g (0.91%), Sugar: 0.51g (0.57%), Cholesterol: 0mg (0%), Sodium: 196.8mg (8.56%), Alcohol: 1.15g (100%), Alcohol %: 0.64% (100%), Protein: 0.44g (0.88%), Vitamin K: 14.72µg (14.02%), Vitamin E: 2.04mg (13.63%), Manganese: 0.05mg (2.7%), Vitamin B6: 0.05mg (2.35%), Vitamin C: 1.79mg (2.17%), Iron: 0.34mg (1.9%), Folate: 5.66µg (1.41%), Fiber: 0.31g (1.22%), Potassium: 41.51mg (1.19%), Phosphorus: 11.68mg (1.17%), Magnesium: 4.66mg

(1.17%), Calcium: 10.94mg (1.09%)