



Beef Teriyaki Skewers



Gluten Free



Dairy Free

READY IN



23 min.

SERVINGS



15

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 pounds sirloin beef tips cut into 24 1-inch pieces
- ☐ 0.5 cup canola oil
- ☐ 12 cherry tomatoes
- ☐ 0.3 cup t brown sugar dark packed
- ☐ 6 mushrooms quartered
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons sesame oil

- ☐ 0.3 cup sesame seed
- ☐ 3 tablespoons soya sauce

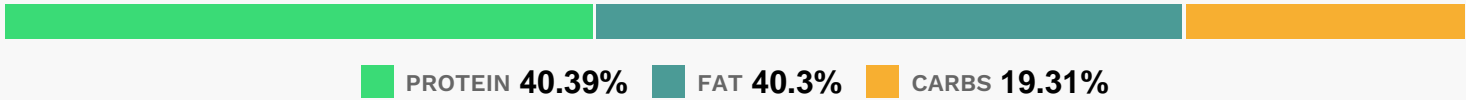
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil
- ☐ broiler
- ☐ skewers

Directions

- ☐ Soak 24 small skewers in water for 30 minutes. Preheat broiler to high; line a broiling pan with foil.
- ☐ Place beef, mushrooms and tomatoes in a large bowl.
- ☐ Add canola oil, salt and pepper and toss to coat.
- ☐ Thread meat and vegetables onto skewers, alternating.
- ☐ Lay skewers on pan with handle ends facing out. Cover handle end with foil to prevent burning.
- ☐ In a small bowl, mix sugar, soy sauce and sesame oil, stirring until sugar has dissolved. Broil skewers, turning a few times, until meat begins to brown, about 3 minutes.
- ☐ Brush liberally with glaze and continue broiling until beef is lightly charred, 2 to 3 minutes longer.
- ☐ Transfer to a platter and sprinkle with sesame seeds.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:7.6, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:7.0339131348807%

Flavonoids

Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 107.96kcal (5.4%), Fat: 4.83g (7.44%), Saturated Fat: 0.89g (5.54%), Carbohydrates: 5.21g (1.74%), Net Carbohydrates: 4.7g (1.71%), Sugar: 4.12g (4.58%), Cholesterol: 24.95mg (8.32%), Sodium: 308.12mg (13.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.9g (21.81%), Selenium: 14.81µg (21.16%), Vitamin B3: 3.51mg (17.53%), Vitamin B6: 0.33mg (16.62%), Zinc: 2.14mg (14.3%), Phosphorus: 123.37mg (12.34%), Vitamin B12: 0.57µg (9.5%), Copper: 0.19mg (9.44%), Iron: 1.42mg (7.88%), Potassium: 232.62mg (6.65%), Vitamin B2: 0.11mg (6.39%), Magnesium: 22.98mg (5.75%), Manganese: 0.11mg (5.51%), Vitamin B1: 0.07mg (4.88%), Vitamin B5: 0.44mg (4.42%), Vitamin C: 3.27mg (3.96%), Calcium: 39.14mg (3.91%), Vitamin E: 0.47mg (3.17%), Folate: 11.69µg (2.92%), Fiber: 0.51g (2.03%), Vitamin K: 2.07µg (1.97%), Vitamin A: 66.91IU (1.34%)