



## Bison Ribeye Kebabs

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

READY IN



45 min.

SERVINGS



4

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound bison ribeye trimmed cut into 1 1/4-inch cubes
- 2 tablespoons rosemary leaves fresh finely chopped
- 2 large garlic clove minced
- 1 tablespoon pepper black
- 0.3 cup olive oil extra virgin extra-virgin
- 0.5 teaspoon salt

### Equipment

- bowl

- grill
- skewers

## Directions

- Combine first 5 ingredients in a large bowl; toss well to coat. Cover and refrigerate for 45 minutes.
- Prepare grill to medium-high heat.
- Remove bison from marinade, and discard remaining marinade. Thread bison evenly onto each of 4 (12-inch) skewers, and sprinkle with salt.
- Place the skewers on grill rack coated with cooking spray, and grill for 3 minutes on each side or until desired degree of doneness.
- Serve immediately.

## Nutrition Facts

**PROTEIN 39.75%** **FAT 57.64%** **CARBS 2.61%**

## Properties

Glycemic Index:15.5, Glycemic Load:0.32, Inflammation Score:-3, Nutrition Score:11.029130452353%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 258.19kcal (12.91%), Fat: 16.34g (25.13%), Saturated Fat: 2.93g (18.32%), Carbohydrates: 1.66g (0.55%), Net Carbohydrates: 1.11g (0.4%), Sugar: 0.02g (0.03%), Cholesterol: 70.31mg (23.44%), Sodium: 346.2mg (15.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.35g (50.69%), Vitamin B12: 2.49µg (41.58%), Selenium: 26.71µg (38.16%), Zinc: 3.67mg (24.49%), Phosphorus: 229.85mg (22.99%), Iron: 3.49mg (19.39%), Vitamin B6: 0.31mg (15.6%), Vitamin E: 2.01mg (13.37%), Potassium: 422.91mg (12.08%), Manganese: 0.24mg (12.07%), Vitamin B3: 2.12mg (10.61%), Vitamin K: 10.61µg (10.1%), Copper: 0.18mg (8.75%), Magnesium: 31.07mg (7.77%), Vitamin B2: 0.11mg (6.35%), Vitamin B1: 0.06mg (3.81%), Fiber: 0.55g (2.21%), Calcium: 19.65mg (1.96%)