



Bison Souvlaki Skewers

 Gluten Free

READY IN



164 min.

SERVINGS



6

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black
- 1 cup cucumber diced peeled seeded
- 2 cloves garlic minced
- 2 tablespoons green onion thinly sliced
- 3 tablespoons juice of lemon
- 3 teaspoons lemon zest shredded finely
- 3 tablespoons olive oil
- 0.5 teaspoon oregano dried

- 2 cups greek yogurt plain
- 0.5 teaspoon salt
- 1.5 pounds bison skirt steak

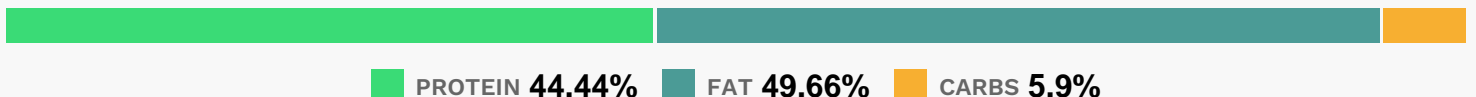
Equipment

- bowl
- grill
- ziploc bags
- skewers
- broiler pan

Directions

- Cut bison skirt steak across the grain into 1-inch wide strips.
- Place bison strips in a resealable plastic bag set in a shallow bowl.
- For marinade, combine oil, lemon juice, lemon zest, the 3 cloves garlic, the 1 teaspoon salt, the oregano, and the 1/4 teaspoon pepper in a small bowl.
- Pour marinade over bison strips. Seal bag; turn to coat bison strips. Marinate in the refrigerator for 2 to 4 hours, turning bag occasionally.
- Drain bison strips; discard marinade. Thread bison strips accordion-style onto skewers, trimming as necessary.
- For a charcoal or gas grill, place bison skewers on the rack of a covered grill directly over medium heat. Grill for 4 to 6 minutes, turning once halfway through grilling. (Or place skewers on the unheated rack of a broiler pan. Broil for 3 to 4 inches from the heat for 5 to 7 minutes, turning once.)
- Serve with Yogurt-Cucumber Sauce.
- Combine yogurt, cucumber, green onion, the 2 cloves minced garlic, the 1/2 teaspoon salt, and the 1/8 teaspoon pepper in a small bowl. Cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.18, Inflammation Score:-4, Nutrition Score:16.316521561664%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 283.5kcal (14.18%), Fat: 15.72g (24.19%), Saturated Fat: 4.18g (26.15%), Carbohydrates: 4.2g (1.4%), Net Carbohydrates: 3.76g (1.37%), Sugar: 2.78g (3.09%), Cholesterol: 74.77mg (24.92%), Sodium: 293.89mg (12.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.66g (63.33%), Zinc: 7.72mg (51.5%), Vitamin B12: 2.88µg (48.03%), Selenium: 31.75µg (45.35%), Vitamin B3: 6.62mg (33.1%), Vitamin B2: 0.56mg (33.02%), Vitamin B6: 0.57mg (28.4%), Phosphorus: 273.26mg (27.33%), Potassium: 476.89mg (13.63%), Iron: 2.26mg (12.54%), Vitamin K: 12.77µg (12.16%), Vitamin B5: 0.95mg (9.54%), Calcium: 91.98mg (9.2%), Magnesium: 36.72mg (9.18%), Vitamin E: 1.19mg (7.94%), Manganese: 0.15mg (7.56%), Vitamin C: 5.59mg (6.78%), Copper: 0.13mg (6.49%), Vitamin B1: 0.1mg (6.36%), Folate: 14.51µg (3.63%), Fiber: 0.44g (1.75%), Vitamin A: 51.74IU (1.03%)