




 **53%**
HEALTH SCORE

Build-Your-Own Shish Kabobs


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

READY IN




175 min.

SERVINGS



4

CALORIES



849 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 4 servings baby potatoes boiled cooked
- 2 tablespoons balsamic vinegar
- 4 servings bell peppers
- 0.5 teaspoon pepper black freshly ground
- 0.3 cup canola oil
- 4 servings cherry tomatoes
- 1 teaspoon chili pepper flakes
- 4 servings ears corn husked sliced into 1/2-inch-thick rounds

- 1 tablespoon dijon mustard
- 1 bay leaf fresh ()
- 2 tablespoons rosemary fresh stemmed
- 1 tablespoon tarragon leaves fresh
- 2 tablespoon thyme leaves fresh
- 3 cloves garlic minced
- 4 cloves garlic minced
- 2 tablespoons juice of lemon freshly squeezed
- 1 lemon zest juiced
- 1 lime zest juiced
- 4 servings mushrooms
- 0.3 cup olive oil
- 4 servings onions
- 1 orange zest juiced
- 0.3 cup parsley fresh italian finely chopped
- 0.5 teaspoon salt
- 4 servings salt and pepper
- 2 shallots minced
- 1 pound shrimp shelled deveined (16 to 20 count)
- 1 pound rump steak cut into 1-inch cubes
- 1 pound chicken breasts boneless skinless cut into 1-inch cubes
- 0.3 cup soya sauce
- 4 servings baby squash italian

Equipment

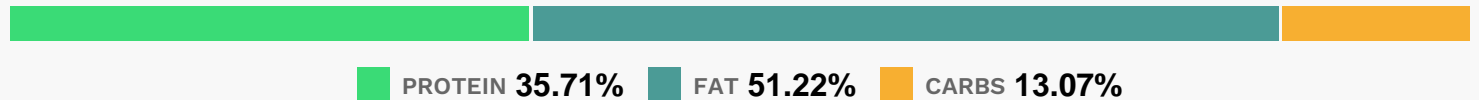
- bowl
- whisk
- blender
- grill

skewers

Directions

- If using bamboo skewers, soak them in water for 1 hour to retard charring.
- Whisk together all of the Dijon-rosemary steak ingredients (except the steak) in a bowl. Toss the steak in the mixture until evenly coated. Cover and marinate in refrigerator for 2 hours.
- Whisk together all of the citrus-tarragon chicken ingredients (except the chicken) in a bowl. Toss the chicken in the mixture until evenly coated. Cover and marinate in refrigerator for 2 hours.
- Whisk together all of the lemon garlic shrimp ingredients (except the shrimp) in a bowl. Toss the shrimp in the mixture until evenly coated. Cover and marinate in refrigerator for 2 hours.
- Cut vegetables into bite-size pieces.
- Puree balsamic basting vinaigrette ingredients in a blender for 30 seconds.
- Place meats, shrimp, and veggies in individual bowls and set out buffet style. Instruct your guests to skewer their own kabobs and baste veggies with balsamic vinaigrette.
- Grill kabobs directly over heat source for about 10 to 15 minutes, turning 1/4 rotation every 2 to 3 minutes, or until the meat and/or fish is cooked throughout.

Nutrition Facts



Properties

Glycemic Index:154.44, Glycemic Load:5.21, Inflammation Score:-10, Nutrition Score:49.216086740079%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 8.29mg, Hesperetin: 8.29mg, Hesperetin: 8.29mg, Hesperetin: 8.29mg Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg Apigenin: 8.19mg, Apigenin: 8.19mg, Apigenin: 8.19mg, Apigenin: 8.19mg Luteolin: 2.14mg, Luteolin: 2.14mg, Luteolin: 2.14mg, Luteolin: 2.14mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 12.58mg, Quercetin: 12.58mg, Quercetin: 12.58mg, Quercetin: 12.58mg

Nutrients (% of daily need)

Calories: 848.52kcal (42.43%), Fat: 48.81g (75.1%), Saturated Fat: 10.67g (66.7%), Carbohydrates: 28.02g (9.34%), Net Carbohydrates: 21.68g (7.88%), Sugar: 12.42g (13.81%), Cholesterol: 318.65mg (106.22%), Sodium: 1694.2mg (73.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 76.57g (153.15%), Vitamin C: 164.97mg (199.96%), Vitamin B6: 1.91mg (95.67%), Vitamin B3: 18.63mg (93.14%), Vitamin K: 88.81µg (84.58%), Selenium: 58.7µg (83.85%), Phosphorus: 814.89mg (81.49%), Vitamin A: 3825.17IU (76.5%), Vitamin B12: 3.38µg (56.33%), Potassium: 1894.12mg (54.12%), Zinc: 6.82mg (45.5%), Vitamin E: 6.76mg (45.08%), Manganese: 0.86mg (43.12%), Copper: 0.83mg (41.34%), Iron: 7.2mg (40.01%), Magnesium: 150.69mg (37.67%), Vitamin B2: 0.52mg (30.66%), Vitamin B5: 2.73mg (27.34%), Fiber: 6.34g (25.35%), Folate: 101.07µg (25.27%), Vitamin B1: 0.36mg (24.32%), Calcium: 198.59mg (19.86%)