



Caramelized-Beef Skewers

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



30 min.

SERVINGS



30

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup original barbecue sauce kraft
- 1 lb beef sirloin steak thinly sliced
- 1 tsp grey poupon dijon mustard
- 0.3 cup a.1. original sauce divided

Equipment

- grill
- skewers

Directions

- Heat grill to medium-high heat.
- Toss meat with 2 Tbsp. A.1.; let stand 10 min. Meanwhile, mix remaining A.1., barbecue sauce and mustard until blended.
- Thread meat onto 8 skewers.
- Grill 6 min. or until meat is done, turning after 3 min. and brushing occasionally with barbecue sauce mixture.

Nutrition Facts



Properties

Glycemic Index:1.07, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.3800000125623%

Nutrients (% of daily need)

Calories: 40.17kcal (2.01%), Fat: 2.26g (3.48%), Saturated Fat: 0.91g (5.69%), Carbohydrates: 1.54g (0.51%), Net Carbohydrates: 1.51g (0.55%), Sugar: 1.25g (1.39%), Cholesterol: 8.47mg (2.82%), Sodium: 58.21mg (2.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.35%), Vitamin B12: 0.42µg (7.01%), Selenium: 2.58µg (3.69%), Zinc: 0.5mg (3.34%), Vitamin B6: 0.06mg (2.97%), Vitamin B3: 0.56mg (2.82%), Phosphorus: 26.97mg (2.7%), Iron: 0.32mg (1.79%), Vitamin B2: 0.03mg (1.69%), Potassium: 52.5mg (1.5%), Vitamin B1: 0.02mg (1.07%)