



Chili-Beef Skewers



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb beef sirloin lean cut into 1/8-inch strips
- ☐ 1 and bell peppers green red yellow cored seeded cut into 2 1/2-inch pieces
- ☐ 1 tsp brown sugar
- ☐ 1 tsp fish sauce
- ☐ 2 tbsp basil fresh chopped
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 4 cloves garlic thinly sliced
- ☐ 1 tbsp juice of lime fresh

- ☐ 3 tbsp soya sauce low-sodium
- ☐ 0.5 cup lowfat mayonnaise
- ☐ 1 tsp orange zest grated
- ☐ 1 tsp sriracha

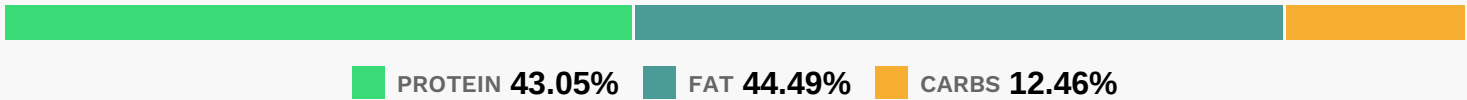
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ Soak skewers for 30 minutes. Puree cilantro, garlic, soy sauce, orange zest, sriracha, fish sauce and sugar in a food processor.
- ☐ Transfer marinade to a resealable plastic bag; add beef. Seal bag, toss and set aside up to 30 minutes.
- ☐ Combine dipping sauce ingredients in a bowl. Thread 4 pieces of pepper and 2 beef strips on each skewer, alternating beef and peppers. Coat grill rack with cooking spray; heat grill to high; cook until meat is no longer pink, about 3 minutes.
- ☐ Self
- ☐ See Nutrition Data's analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:0.31, Inflammation Score:-6, Nutrition Score:18.431739008945%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 247.64kcal (12.38%), Fat: 12.04g (18.52%), Saturated Fat: 3.54g (22.1%), Carbohydrates: 7.59g (2.53%), Net Carbohydrates: 6.99g (2.54%), Sugar: 2.02g (2.25%), Cholesterol: 74.79mg (24.93%), Sodium: 890.33mg (38.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.2g (52.41%), Vitamin C: 59.34mg (71.93%), Vitamin B12: 2.55µg (42.46%), Zinc: 6.02mg (40.11%), Vitamin B3: 6.75mg (33.77%), Vitamin K: 34.75µg (33.1%), Selenium: 21.22µg (30.31%), Vitamin B6: 0.57mg (28.49%), Phosphorus: 264mg (26.4%), Iron: 3.25mg (18.08%), Potassium: 550.65mg (15.73%), Vitamin B2: 0.23mg (13.56%), Magnesium: 43.81mg (10.95%), Manganese: 0.2mg (9.95%), Vitamin B5: 0.88mg (8.8%), Copper: 0.16mg (7.94%), Vitamin A: 386.59IU (7.73%), Vitamin E: 1.07mg (7.12%), Folate: 24.65µg (6.16%), Vitamin B1: 0.07mg (4.83%), Calcium: 33.84mg (3.38%), Fiber: 0.59g (2.37%)