



Classic Beef Shish Kebabs

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

READY IN



45 min.

SERVINGS



6

CALORIES



54 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound frangelico trimmed cut into 1-inch cubes
- 0.5 teaspoon pepper black divided freshly ground
- 2 cups cherry tomatoes
- 0.5 pound crimini mushrooms stemmed halved
- 1 teaspoon rosemary leaves fresh chopped
- 3 large garlic clove minced
- 0.5 teaspoon kosher salt divided
- 2 teaspoons juice of lemon fresh

- 1 tablespoon olive oil divided
- 1 large onion red cut into 1-inch pieces
- 1 bell pepper yellow seeded cut into 1-inch pieces

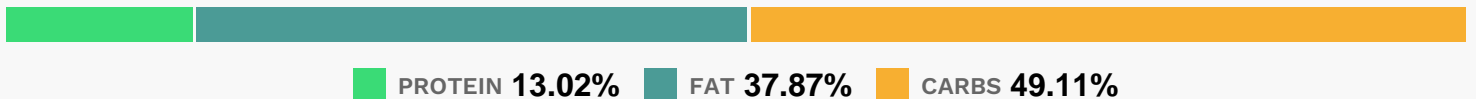
Equipment

- bowl
- grill
- skewers
- wooden skewers

Directions

- Combine 2 teaspoons oil, rosemary, and garlic in a large zip-top bag.
- Add beef; seal and marinate in refrigerator 1 hour, turning occasionally.
- Remove beef from bag; discard marinade. Thread beef evenly onto 6 (12-inch) wooden skewers; sprinkle with 1/4 teaspoon salt and 1/4 teaspoon black pepper.
- Combine remaining 1 teaspoon oil and juice in a large bowl.
- Add tomatoes, onion, bell pepper, and mushrooms, tossing to coat. Thread each vegetable separately onto 12 (12-inch) skewers; sprinkle with remaining 1/4 teaspoon salt and 1/4 teaspoon black pepper.
- Place beef and vegetable kebabs on an electric grill coated with cooking spray. Grill onion and pepper kebabs 10 minutes. Grill beef kebabs 9 minutes or until desired degree of doneness. Grill tomato and mushroom kebabs 7 minutes.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:0.54, Inflammation Score:-5, Nutrition Score:8.4886956681376%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

Nutrients (% of daily need)

Calories: 53.61kcal (2.68%), Fat: 2.5g (3.85%), Saturated Fat: 0.35g (2.21%), Carbohydrates: 7.3g (2.43%), Net Carbohydrates: 6.16g (2.24%), Sugar: 2.72g (3.02%), Cholesterol: 0mg (0%), Sodium: 203.01mg (8.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.87%), Vitamin C: 50.19mg (60.84%), Selenium: 10.45µg (14.93%), Copper: 0.26mg (13.09%), Vitamin B2: 0.21mg (12.25%), Potassium: 356.55mg (10.19%), Manganese: 0.2mg (9.99%), Vitamin B3: 1.91mg (9.56%), Vitamin B6: 0.16mg (7.8%), Phosphorus: 72.05mg (7.2%), Vitamin B5: 0.7mg (7.01%), Folate: 24.97µg (6.24%), Vitamin A: 284.54IU (5.69%), Vitamin B1: 0.07mg (4.76%), Fiber: 1.15g (4.58%), Vitamin E: 0.63mg (4.18%), Zinc: 0.57mg (3.81%), Iron: 0.68mg (3.76%), Magnesium: 12.87mg (3.22%), Vitamin K: 3.17µg (3.02%), Calcium: 22.42mg (2.24%)