



Classic Steak Kabobs

 Dairy Free

READY IN



50 min.

SERVINGS



50

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.3 lb beef top sirloin steak boneless
- 8 button mushrooms
- 0.8 cup a.1. classic marinade
- 2 medium bell peppers green yellow cut into 1-1/4-inch squares

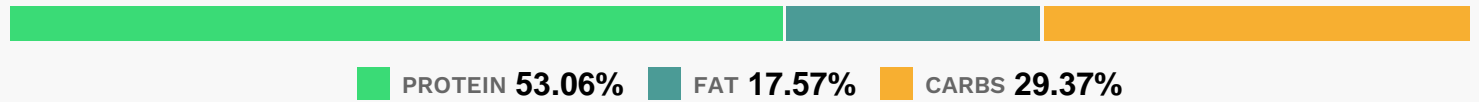
Equipment

- grill
- ziploc bags
- skewers

Directions

- Meanwhile, cut steak into 1-1/4-inch pieces.
- Place steak, mushrooms and peppers in resealable plastic bag.
- Add marinade; seal bag. Refrigerate 30 min. to marinate.
- Preheat grill to medium heat.
- Remove steak and vegetables from marinade; discard marinade. Alternately thread steak, mushrooms and peppers on skewers.
- Grill 10 min. for medium doneness, turning occasionally.

Nutrition Facts



Properties

Glycemic Index:0.64, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.9004347926897%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 22.31kcal (1.12%), Fat: 0.42g (0.65%), Saturated Fat: 0.15g (0.95%), Carbohydrates: 1.59g (0.53%), Net Carbohydrates: 1.51g (0.55%), Sugar: 1.05g (1.17%), Cholesterol: 6.69mg (2.23%), Sodium: 73.64mg (3.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.74%), Vitamin C: 8.8mg (10.67%), Selenium: 3.8µg (5.44%), Vitamin B3: 0.89mg (4.46%), Vitamin B6: 0.08mg (4.13%), Zinc: 0.48mg (3.19%), Phosphorus: 27.82mg (2.78%), Vitamin B12: 0.11µg (1.8%), Potassium: 62.72mg (1.79%), Vitamin B2: 0.03mg (1.63%), Vitamin B5: 0.13mg (1.3%), Iron: 0.22mg (1.22%), Copper: 0.02mg (1.2%)