



Cowboy Kabobs

 Gluten Free  Dairy Free

READY IN



95 min.

SERVINGS



35

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup original barbecue sauce kraft
- 2 tsp horseradish prepared kraft
- 0.3 cup a.1. original sauce
- 9 pearl onions
- 1 large bell pepper red cut into 9 strips
- 1.5 lb beef top round steak cut into 1/2-inch-wide strips

Equipment

- grill

skewers

Directions

- Mix first 3 ingredients until well blended.
- Thread meat onto 18 skewers; place onion or pepper strip at end of each skewer.
- Place kabobs in shallow glass dish.
- Pour steak sauce mixture over kabobs. Refrigerate 1 hour to marinate, turning occasionally.
- Heat grill to medium heat.
- Remove kabobs from marinade; discard marinade. Grill kabobs 4 to 6 min. or until meat is done, turning occasionally.

Nutrition Facts

 **PROTEIN 51.76%**  **FAT 17.4%**  **CARBS 30.84%**

Properties

Glycemic Index:2.69, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:3.046956518422%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 36.95kcal (1.85%), Fat: 0.7g (1.07%), Saturated Fat: 0.23g (1.45%), Carbohydrates: 2.78g (0.93%), Net Carbohydrates: 2.52g (0.92%), Sugar: 1.97g (2.19%), Cholesterol: 11.86mg (3.95%), Sodium: 69.23mg (3.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.35%), Selenium: 6.29µg (8.98%), Vitamin C: 6.66mg (8.07%), Vitamin B6: 0.16mg (7.86%), Vitamin B3: 1.41mg (7.05%), Zinc: 0.92mg (6.13%), Phosphorus: 47.63mg (4.76%), Vitamin B12: 0.26µg (4.37%), Vitamin A: 152.97IU (3.06%), Potassium: 100.68mg (2.88%), Iron: 0.44mg (2.43%), Vitamin B2: 0.04mg (2.13%), Vitamin B1: 0.03mg (1.68%), Magnesium: 6.62mg (1.66%), Folate: 6.56µg (1.64%), Vitamin B5: 0.16mg (1.61%), Copper: 0.03mg (1.34%), Manganese: 0.02mg (1.09%), Fiber: 0.26g (1.05%), Vitamin E: 0.15mg (1.03%)