



Cumin-Scented Beef Kebabs



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



6

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon ground pepper
- ☐ 2 pounds flat iron steak cut into 1 1/2-inch pieces
- ☐ 2 garlic clove minced
- ☐ 1 teaspoon ground coriander
- ☐ 2 teaspoons ground cumin
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons oregano finely chopped

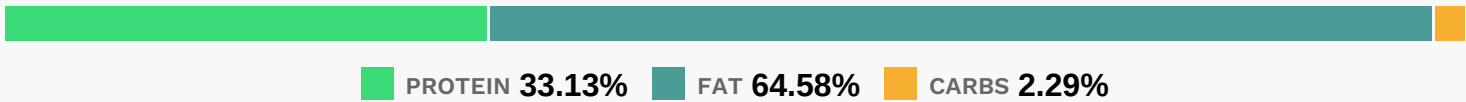
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers
- ☐ broiler pan

Directions

- ☐ Stir together oil, oregano, garlic, spices, and 1 teaspoon salt in a bowl, then toss with beef. Marinate, chilled, at least 2 hours.
- ☐ Prepare grill for direct-heat cooking over medium-hot charcoal (high heat for gas); see Grilling Procedure.Thread about 4 pieces of beef onto each skewer, leaving small spaces between pieces, then transfer to a tray.
- ☐ Oil grill rack, then grill beef, covered only if using a gas grill, turning, until browned but still pink inside, 4 to 5 minutes.
- ☐ •Beef can be marinated up to 8 hours.•Kebabs can be broiled on an oiled broiler pan about 3 inches from heat.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.13, Inflammation Score:-8, Nutrition Score:20.713478067647%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 355.33kcal (17.77%), Fat: 25.2g (38.78%), Saturated Fat: 7.25g (45.31%), Carbohydrates: 2.01g (0.67%), Net Carbohydrates: 1.04g (0.38%), Sugar: 0.1g (0.11%), Cholesterol: 99.79mg (33.26%), Sodium: 113.91mg (4.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.1g (58.19%), Vitamin B12: 7.64µg (127.26%), Zinc: 10.51mg (70.06%), Selenium: 45.4µg (64.86%), Vitamin B6: 0.59mg (29.71%), Phosphorus: 287.13mg (28.71%), Vitamin B3: 5.3mg (26.5%), Iron: 4.75mg (26.4%), Vitamin B2: 0.36mg (21%), Vitamin K: 16.81µg (16.01%), Vitamin B5: 1.46mg (14.61%), Potassium: 510.12mg (14.57%), Vitamin E: 1.91mg (12.7%), Vitamin B1: 0.16mg (10.66%), Copper: 0.2mg (10.14%), Magnesium: 40.17mg (10.04%), Manganese: 0.15mg (7.71%), Calcium: 46.28mg (4.63%), Fiber: 0.96g

(3.85%), Folate: 8.67μg (2.17%), Vitamin A: 71.58IU (1.43%)