



## Curried Beef Kabobs

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

READY IN



**90 min.**

SERVINGS



**30**

CALORIES



**174 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 3 cups rice hot cooked
- 1.5 tsp curry powder
- 1 medium bell pepper green cut into bite-sized pieces
- 1 cup a.1. original sauce
- 2 medium onions cut into wedges
- 8 pineapple wedges
- 1 lb beef top round steak cut into thin slices
- 8 wooden skewers (10 inch)

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## Equipment

grill

skewers

## Directions

Place steak slices, onions and peppers in nonmetal dish.

Add combined steak sauce and curry powder; stir to evenly coat steak and vegetables. Cover. Refrigerate 1 hour to marinate, stirring occasionally. Meanwhile, soak skewers in water for at least 30 min.

Preheat grill to medium-high heat.

Drain steak slices and vegetables; discard marinade. Alternately thread steak (accordion style), vegetables and pineapple onto skewers.

Grill kabobs 8 to 10 min. or until cooked through, turning occasionally.

Serve with the rice.

## Nutrition Facts



**PROTEIN 11.63%** **FAT 4.24%** **CARBS 84.13%**

## Properties

Glycemic Index:6.99, Glycemic Load:21.51, Inflammation Score:-6, Nutrition Score:15.732608668182%

## Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

## Nutrients (% of daily need)

Calories: 174.38kcal (8.72%), Fat: 0.88g (1.35%), Saturated Fat: 0.22g (1.35%), Carbohydrates: 39.22g (13.07%), Net Carbohydrates: 35.56g (12.93%), Sugar: 26.01g (28.9%), Cholesterol: 9.22mg (3.07%), Sodium: 107.35mg (4.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.85%), Vitamin C: 119.1mg (144.36%), Manganese: 2.33mg (116.62%), Vitamin B6: 0.41mg (20.32%), Copper: 0.3mg (14.94%), Fiber: 3.67g (14.67%), Vitamin B1: 0.21mg

(14.27%), Folate: 47.97µg (11.99%), Vitamin B3: 2.34mg (11.7%), Potassium: 344.17mg (9.83%), Magnesium: 36.02mg (9%), Selenium: 6.3µg (9%), Zinc: 1.08mg (7.2%), Vitamin B5: 0.69mg (6.91%), Phosphorus: 63.24mg (6.32%), Vitamin B2: 0.1mg (6.17%), Iron: 1.09mg (6.04%), Calcium: 38.84mg (3.88%), Vitamin B12: 0.2µg (3.4%), Vitamin A: 155.78IU (3.12%), Vitamin K: 2.29µg (2.18%)