



Curried Beef Kabobs With Jade Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



12

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 teaspoon curry powder
- ☐ 1.5 pounds flat iron steak cut into 1-inch pieces
- ☐ 1.3 teaspoons garam masala
- ☐ 0.3 teaspoon ground cumin
- ☐ 12 servings sauce
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 0.5 teaspoon peppercorns freshly ground
- ☐ 1.3 teaspoons sea salt freshly ground

- ☐ 0.5 cup coconut sweetened flaked toasted
- ☐ 6 inch frangelico
- ☐ 6 inch frangelico

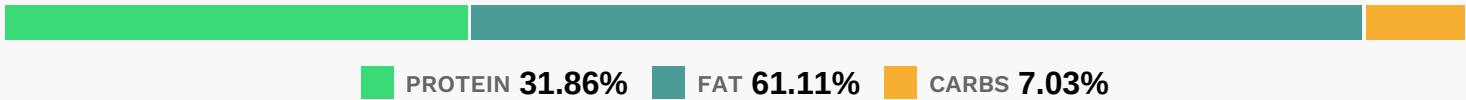
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Soak wooden skewers in water 30 minutes.
- ☐ Preheat grill to 350 to 400 (medium-high).
- ☐ Whisk together peanut oil and next 5 ingredients in a large bowl until blended.
- ☐ Add steak pieces, and toss to coat. Thread beef onto skewers.
- ☐ Grill beef, covered with grill lid, over 350 to 400 (medium-high) heat, 3 minutes on each side or to desired degree of doneness.
- ☐ Place skewers on a serving platter, and drizzle with Jade Sauce.
- ☐ Sprinkle with toasted flaked coconut.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:7.8073913020932%

Nutrients (% of daily need)

Calories: 139.64kcal (6.98%), Fat: 9.35g (14.38%), Saturated Fat: 3.57g (22.33%), Carbohydrates: 2.42g (0.81%), Net Carbohydrates: 1.94g (0.7%), Sugar: 1.54g (1.71%), Cholesterol: 37.42mg (12.47%), Sodium: 306.6mg (13.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.97g (21.94%), Vitamin B12: 2.86µg (47.72%), Zinc: 3.94mg

(26.24%), Selenium: 17.5µg (25%), Phosphorus: 108.8mg (10.88%), Vitamin B6: 0.21mg (10.65%), Vitamin B3: 1.97mg (9.86%), Iron: 1.48mg (8.2%), Vitamin B2: 0.13mg (7.65%), Potassium: 193.15mg (5.52%), Vitamin B5: 0.55mg (5.47%), Copper: 0.08mg (4.1%), Vitamin B1: 0.06mg (3.83%), Manganese: 0.07mg (3.69%), Magnesium: 14.5mg (3.63%), Vitamin E: 0.49mg (3.29%), Fiber: 0.48g (1.93%)