



Easy Beef Kabobs

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

READY IN



266 min.

SERVINGS



26

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup original barbecue sauce kraft
- 1 lb beef sirloin steak cut into 16 pieces
- 3 ears corn on the cob 1-inch-thick cut into slices
- 0.8 cup cilantro leaves fresh chopped
- 1 bell pepper green cut into chunks

Equipment

- grill
- skewers

Directions

- Thread steak evenly onto 4 skewers. Thread vegetable chunks on 4 additional skewers.
- Place in shallow glass dish.
- Mix barbecue sauce and cilantro.
- Pour half the sauce mixture over kabobs; cover and refrigerate at least 4 hours to marinate. Refrigerate remaining sauce mixture for serving with kabobs.
- Heat grill to medium heat.
- Remove steak kabobs from marinade; discard marinade. Grill 5 min.; turn kabobs over.
- Add vegetable kabobs to grill; grill 5 to 6 min. or until steak is done and vegetables are crisp-tender. Warm reserved sauce mixture; serve with kabobs.

Nutrition Facts



Properties

Glycemic Index:1.62, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.7447826136713%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 67.6kcal (3.38%), Fat: 2.81g (4.32%), Saturated Fat: 1.09g (6.81%), Carbohydrates: 6.66g (2.22%), Net Carbohydrates: 6.26g (2.28%), Sugar: 4.42g (4.91%), Cholesterol: 9.77mg (3.26%), Sodium: 124.63mg (5.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.19%), Vitamin B12: 0.49µg (8.08%), Vitamin C: 4.58mg (5.55%), Vitamin B6: 0.1mg (4.76%), Vitamin B3: 0.91mg (4.55%), Selenium: 3.09µg (4.41%), Zinc: 0.65mg (4.31%), Phosphorus: 42.94mg (4.29%), Potassium: 117.88mg (3.37%), Iron: 0.5mg (2.77%), Vitamin B2: 0.05mg (2.66%), Vitamin B1: 0.04mg (2.6%), Magnesium: 9.34mg (2.33%), Manganese: 0.04mg (2.03%), Vitamin K: 2µg (1.9%), Vitamin A: 92.14IU (1.84%), Folate: 6.37µg (1.59%), Fiber: 0.4g (1.59%), Copper: 0.03mg (1.57%), Vitamin B5: 0.15mg (1.54%)