



Easy Grilled Steak Kabobs



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound beef top sirloin steaks boneless
- ☐ 1 medium bell pepper cut into 16 one-inch wedges
- ☐ 16 medium mushrooms
- ☐ 1 tablespoon optional: dill dried fresh chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon vegetable oil
- ☐ 1 tablespoon dijon honey mustard
- ☐ 0.3 teaspoon salt

☐ 0.3 teaspoon pepper

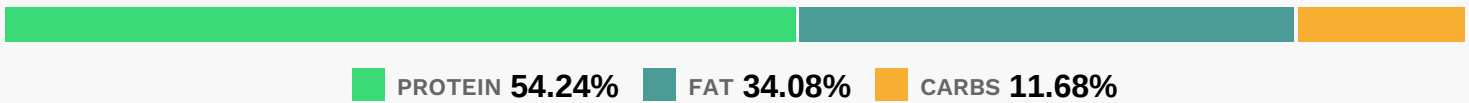
Equipment

- ☐ grill
- ☐ metal skewers

Directions

- ☐ Heat coals or gas grill for direct heat.
- ☐ Cut beef into 24 one-inch pieces. Thread beef, bell pepper and mushrooms alternately on each of eight 10- to 12-inch metal skewers, leaving space between each piece.
- ☐ Mix remaining ingredients.
- ☐ Cover and grill kabobs 4 to 6 inches from medium heat 15 to 18 minutes, turning and brushing kabobs 3 or 4 times with oil mixture, until beef is desired doneness and vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:0.91, Inflammation Score:-7, Nutrition Score:20.053912854713%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 206.33kcal (10.32%), Fat: 7.76g (11.94%), Saturated Fat: 2.06g (12.86%), Carbohydrates: 5.99g (2%), Net Carbohydrates: 4.6g (1.67%), Sugar: 3.52g (3.91%), Cholesterol: 66.9mg (22.3%), Sodium: 232.51mg (10.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.8g (55.61%), Selenium: 41.66µg (59.52%), Vitamin B3: 10.23mg (51.16%), Vitamin C: 41.13mg (49.85%), Vitamin B6: 0.88mg (43.79%), Zinc: 4.99mg (33.26%), Phosphorus: 309.49mg (30.95%), Vitamin B2: 0.45mg (26.58%), Potassium: 702.86mg (20.08%), Vitamin B5: 1.92mg (19.21%), Vitamin A: 940.1IU (18.8%), Vitamin B12: 1.09µg (18.25%), Copper: 0.32mg (16.19%), Iron: 2.34mg (12.98%), Vitamin

B1: 0.16mg (10.7%), Folate: 41.59µg (10.4%), Magnesium: 36.63mg (9.16%), Vitamin K: 9.16µg (8.73%), Vitamin E: 1.08mg (7.2%), Fiber: 1.39g (5.56%), Manganese: 0.1mg (4.88%), Calcium: 30.27mg (3.03%)