



Espetadas (Portuguese Beef Shish Kabobs)



Gluten Free



Dairy Free

READY IN



500 min.

SERVINGS



10

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 servings bamboo skewers for 60 minutes
- ☐ 6 bay leaves crumbled
- ☐ 3 pounds beef sirloin steak cut into cubes
- ☐ 2 tablespoons coarse salt
- ☐ 8 cloves garlic
- ☐ 10 servings pepper freshly ground to taste
- ☐ 0.8 cup red wine

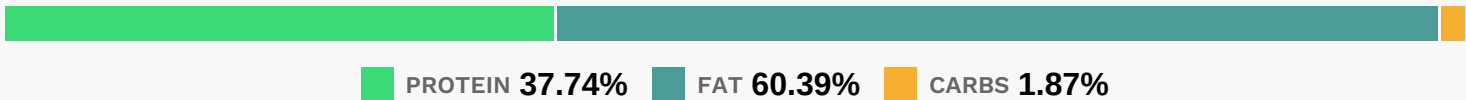
Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap
- ☐ grill
- ☐ skewers

Directions

- ☐ Whisk together the red wine, garlic, bay leaves, salt, and black pepper together in a large glass or ceramic bowl.
- ☐ Add the sirloin cubes, and toss to evenly coat. Cover the bowl with plastic wrap and marinate in the refrigerator for 8 hours or overnight.
- ☐ Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- ☐ Remove the sirloin from the marinade; shake off excess liquid. Discard the remaining marinade. Skewer the beef onto the prepared skewers.
- ☐ Cook on the preheated grill until the beef cubes start to become firm and are reddish-pink and juicy in the center, 2 to 4 minutes per side for medium-rare.

Nutrition Facts



Properties

Glycemic Index:10.9, Glycemic Load:0.31, Inflammation Score:-2, Nutrition Score:12.423478245897%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.36mg, Petunidin: 0.36mg, Petunidin: 0.36mg, Petunidin: 0.36mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Malvidin: 2.49mg, Malvidin: 2.49mg, Malvidin: 2.49mg, Malvidin: 2.49mg Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg

Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg Gallocatechin: 0.01mg,
Galocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 321.6kcal (16.08%), Fat: 20.19g (31.06%), Saturated Fat: 8.18g (51.15%), Carbohydrates: 1.41g (0.47%), Net
Carbohydrates: 1.3g (0.47%), Sugar: 0.16g (0.17%), Cholesterol: 76.2mg (25.4%), Sodium: 1470mg (63.91%), Alcohol:
1.91g (100%), Alcohol %: 1.5% (100%), Protein: 28.39g (56.79%), Vitamin B12: 3.78µg (63.05%), Selenium: 22.84µg
(32.64%), Zinc: 4.53mg (30.2%), Vitamin B6: 0.56mg (27.99%), Vitamin B3: 5mg (25%), Phosphorus: 245.06mg
(24.51%), Iron: 2.91mg (16.16%), Vitamin B2: 0.25mg (14.93%), Potassium: 455.7mg (13.02%), Vitamin B1: 0.14mg
(9.48%), Magnesium: 30.29mg (7.57%), Copper: 0.12mg (6.02%), Manganese: 0.1mg (5.22%), Vitamin B5: 0.44mg
(4.44%), Folate: 8.57µg (2.14%), Calcium: 15.84mg (1.58%)