



Ginger Beef Mini Skewers



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



14 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 pound frangelico
- ☐ 4 chives thinly sliced
- ☐ 0.5 head cloves finely grated peeled thinly sliced
- ☐ 1 tablespoon ginger finely grated thinly sliced
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 18 servings salt and pepper
- ☐ 2 tablespoons seasoned rice vinegar
- ☐ 0.3 cup soya sauce

☐ 2 spring onion thinly sliced

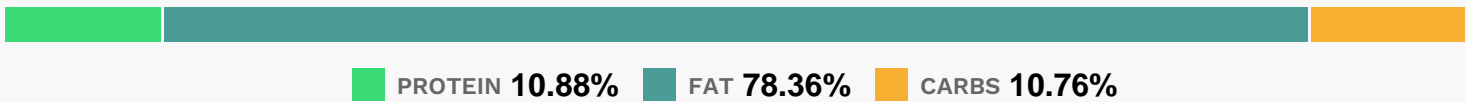
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ skewers
- ☐ meat tenderizer

Directions

- ☐ Slice the tenderloin into 1/2-inch-thick slices and lightly pound each with the flat side of a meat pounder until about 1/4 inch thick. Each piece should be rectangular (about 1 1/2 by 2 1/2 inches); trim off any raggedy bits for another use, such as a stir-fry. Stir together sliced ginger, sliced garlic, spring onions, and olive oil in a bowl.
- ☐ Add beef, toss to coat, cover, and marinate in the refrigerator at least 8 hours.
- ☐ Prepare a charcoal or gas grill for high heat (you can hold your hand at grill level only 2 to 3 seconds).
- ☐ Meanwhile, whisk together grated ginger, grated garlic, rice vinegar, and soy sauce in a small bowl. Thread beef slices onto soaked skewers (see notes) and season with salt and pepper.
- ☐ Brush the grill with vegetable oil. If using coals, mound to one side to reach about 4 inches below the grill.
- ☐ Lay skewers on grill; close lid on gas grill.
- ☐ Grill skewers just until seared, turning once, about 30 seconds per side.
- ☐ Serve skewers drizzled with ginger sauce and garnished with chives.

Nutrition Facts



Properties

Glycemic Index:8.72, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:0.57782608303039%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 13.74kcal (0.69%), Fat: 1.21g (1.87%), Saturated Fat: 0.17g (1.05%), Carbohydrates: 0.38g (0.13%), Net Carbohydrates: 0.29g (0.11%), Sugar: 0.1g (0.11%), Cholesterol: 0mg (0%), Sodium: 374.19mg (16.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.76%), Vitamin K: 4µg (3.81%), Manganese: 0.04mg (1.91%), Vitamin E: 0.18mg (1.23%)