



Grilled Abalone Steak and Fruit Skewers

READY IN



64 min.

SERVINGS



4

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1.5 teaspoons cornstarch
- ☐ 0.5 teaspoon mustard dry
- ☐ 1 tablespoon ginger fresh grated
- ☐ 1 tablespoon garlic minced
- ☐ 0.5 cup mango juice
- ☐ 2.5 tablespoons brown sugar light
- ☐ 8 ounces peaches cubed
- ☐ 8 ounces pears cubed

- ☐ 8 ounces pineapple cubed
- ☐ 0.5 cup cooking sherry
- ☐ 0.5 cup soya sauce
- ☐ 1 ounce abalone steaks
- ☐ 4 servings wooden skewers for 30 minutes
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Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ skewers

Directions

- ☐ Watch how to make this recipe.
- ☐ Mix soy sauce, sherry, mango juice, vinegar, mustard, ginger, and garlic together in a bowl. Reserve 1/3 of the mixture for a glaze. Put abalone steaks in a shallow baking dish, pour marinade over. Marinate the steaks for at least 30 minutes or refrigerate covered up to 4 hours.
- ☐ Preheat an outdoor grill to high heat.
- ☐ Put the reserved marinade in a saucepan, whisk in the brown sugar and cornstarch. Simmer over low heat until marinade thickens to create a glaze. Set side but keep warm.
- ☐ Place 2 skewers about 2 inches apart on your work surface. Weave the marinated abalone steaks onto the skewers so that the steaks will lie flat on the grill. Alternate with fruit pieces between the steaks. Each double skewer will hold 2 to 3 steaks plus fruit.
- ☐ Grill over high heat until abalone is cooked, about 1 minute per side.
- ☐ Brush the fruit with the glaze and serve immediately.

Nutrition Facts

PROTEIN 12.32% FAT 7.07% CARBS 80.61%

Properties

Glycemic Index:75.35, Glycemic Load:11.01, Inflammation Score:-5, Nutrition Score:9.7373912666479%

Flavonoids

Cyanidin: 2.26mg, Cyanidin: 2.26mg, Cyanidin: 2.26mg, Cyanidin: 2.26mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 5.08mg, Epicatechin: 5.08mg, Epicatechin: 5.08mg, Epicatechin: 5.08mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 199.53kcal (9.98%), Fat: 1.49g (2.29%), Saturated Fat: 0.49g (3.09%), Carbohydrates: 38.12g (12.71%), Net Carbohydrates: 34.31g (12.48%), Sugar: 28.17g (31.3%), Cholesterol: 4.32mg (1.44%), Sodium: 1639.48mg (71.28%), Alcohol: 3.09g (100%), Alcohol %: 1.36% (100%), Protein: 5.83g (11.65%), Manganese: 0.85mg (42.47%), Vitamin C: 32.87mg (39.85%), Fiber: 3.81g (15.24%), Vitamin B3: 2.43mg (12.13%), Vitamin B6: 0.23mg (11.63%), Copper: 0.22mg (11.01%), Potassium: 365.91mg (10.45%), Magnesium: 36.78mg (9.2%), Iron: 1.57mg (8.73%), Phosphorus: 86.93mg (8.69%), Vitamin B2: 0.12mg (7.34%), Vitamin B1: 0.1mg (6.87%), Selenium: 4.25µg (6.08%), Folate: 24.04µg (6.01%), Zinc: 0.84mg (5.59%), Vitamin A: 233.53IU (4.67%), Vitamin K: 4.87µg (4.64%), Vitamin B5: 0.4mg (4%), Calcium: 39.18mg (3.92%), Vitamin E: 0.52mg (3.43%), Vitamin B12: 0.12µg (1.96%)