



## Grilled Beef and Corn Kabobs

 Gluten Free

READY IN



280 min.

SERVINGS



6

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup vegetable oil
- 0.3 cup red wine vinegar
- 1 tablespoon thyme leaves dried fresh chopped
- 0.5 teaspoon ground pepper red (cayenne)
- 1 clove garlic finely chopped
- 1.5 lb top round boneless cut into 1-inch cubes
- 12 half and half frozen thawed
- 2 bell pepper green red cut into 1 1/2-inch pieces

## Equipment

- bowl
- grill
- ziploc bags
- metal skewers

## Directions

- In medium nonmetal bowl or resealable food-storage plastic bag, mix oil, vinegar, thyme, red pepper and garlic.
- Add beef; stir to coat with marinade. Cover dish or seal bag and refrigerate, stirring beef occasionally, at least 4 hours but no longer than 24 hours to marinate.
- Heat gas or charcoals grill.
- Remove beef from marinade; reserve marinade. On each of six 10- to 12-inch metal skewers, thread beef, corn and bell peppers alternately, leaving space between each piece.
- Brush with marinade.
- Place kabobs on grill rack over medium heat. Cover grill; cook 15 to 20 minutes for medium beef doneness, brushing with marinade and turning frequently. Discard any remaining marinade.

## Nutrition Facts

  
■ PROTEIN 40.61% ■ FAT 55.6% ■ CARBS 3.79%

## Properties

Glycemic Index:19.5, Glycemic Load:0.23, Inflammation Score:-8, Nutrition Score:17.278695365657%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 2.4mg, Luteolin: 2.4mg, Luteolin: 2.4mg, Luteolin: 2.4mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

## Nutrients (% of daily need)

Calories: 268.24kcal (13.41%), Fat: 16.28g (25.05%), Saturated Fat: 3.33g (20.82%), Carbohydrates: 2.5g (0.83%), Net Carbohydrates: 1.61g (0.58%), Sugar: 1.06g (1.17%), Cholesterol: 69.87mg (23.29%), Sodium: 76.02mg (3.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.75g (53.51%), Selenium: 36.32µg (51.89%), Vitamin B6: 0.87mg (43.71%), Vitamin C: 34.11mg (41.35%), Vitamin B3: 8.03mg (40.16%), Zinc: 5.28mg (35.17%), Phosphorus: 267.13mg (26.71%), Vitamin B12: 1.53µg (25.58%), Vitamin K: 26.74µg (25.46%), Iron: 2.64mg (14.68%), Potassium: 511.38mg (14.61%), Vitamin B2: 0.19mg (11.13%), Vitamin E: 1.52mg (10.14%), Vitamin B1: 0.13mg (8.87%), Magnesium: 35.16mg (8.79%), Vitamin B5: 0.82mg (8.23%), Copper: 0.16mg (7.86%), Vitamin A: 278.67IU (5.57%), Folate: 20.62µg (5.15%), Manganese: 0.1mg (5.03%), Calcium: 37.53mg (3.75%), Fiber: 0.89g (3.57%)