

# Grilled Beef Brochettes (Anticuchos de Lomo)

 **Gluten Free**  **Dairy Free**

READY IN



**300 min.**

SERVINGS



**12**

CALORIES



**73 kcal**

**SIDE DISH**

## Ingredients

- 1.5 teaspoons miso (sometimes labeled "crema")
- 0.5 teaspoon garlic finely chopped
- 2 tablespoons olive oil
- 1 tablespoon onion minced
- 0.3 teaspoon oregano dried crumbled (preferably Mexican)
- 1 tablespoon red-wine vinegar
- 1 pound blade steak cut into 3/4-to 1-inch cubes

## Equipment

- bowl
- grill
- skewers
- grill pan

## Directions

- Toss steak with 1/4 teaspoon salt and 1/8 teaspoon pepper in a bowl.
- Mince and mash garlic to a paste with a pinch of salt, then stir together with remaining ingredients and toss well with beef. Marinate, chilled, at least 1 hour.
- Thread steak onto skewers, leaving a small space between each piece and transferring to a tray (discard marinade).
- Prepare grill for direct-heat cooking over medium-hot charcoal (medium-high heat for gas); see Grilling Procedure.
- Oil grill rack, then grill skewers, covered only if using a gas grill, turning once, 5 to 6 minutes total for medium-rare.
- Concha y Toro Terrunyo
- Casablanca Valley Sauvignon Blanc '07
- If using blade steaks, discard center cartilage. •Beef can be marinated up to 8 hours. •Skewers can be grilled in a hot lightly oiled 2-burner grill pan, rotating a quarter turn occasionally, about 5 minutes total.

## Nutrition Facts

■ PROTEIN **42.53%** ■ FAT **55.61%** ■ CARBS **1.86%**

## Properties

Glycemic Index:10.25, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:5.1713043328213%

## Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 73.25kcal (3.66%), Fat: 4.55g (7%), Saturated Fat: 1.27g (7.91%), Carbohydrates: 0.34g (0.11%), Net Carbohydrates: 0.27g (0.1%), Sugar: 0.08g (0.09%), Cholesterol: 26.84mg (8.95%), Sodium: 61.07mg (2.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.82g (15.65%), Vitamin B12: 1.67µg (27.86%), Zinc: 3.01mg (20.06%), Selenium: 9.07µg (12.96%), Phosphorus: 81.54mg (8.15%), Vitamin B3: 1.58mg (7.9%), Vitamin B6: 0.15mg (7.63%), Vitamin B2: 0.11mg (6.36%), Iron: 1.01mg (5.59%), Vitamin B5: 0.39mg (3.86%), Potassium: 135.11mg (3.86%), Vitamin B1: 0.04mg (2.87%), Vitamin E: 0.42mg (2.8%), Vitamin K: 2.46µg (2.34%), Copper: 0.04mg (2.08%), Magnesium: 8.2mg (2.05%)