



WHATSheATE



Grilled Beef, Chicken, Shrimp, and Mushroom Skewers



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



80

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 4 large garlic clove
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 lb mushrooms trimmed halved
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 teaspoons salt
- ☐ 1.3 lb shrimp deveined peeled per lb; 40), and

- ☐ 1 lb sirloin steak trimmed ()
- ☐ 2 medium chicken breast halves boneless skinless (1 lb total)

Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ grill
- ☐ broiler
- ☐ skewers
- ☐ tongs
- ☐ broiler pan

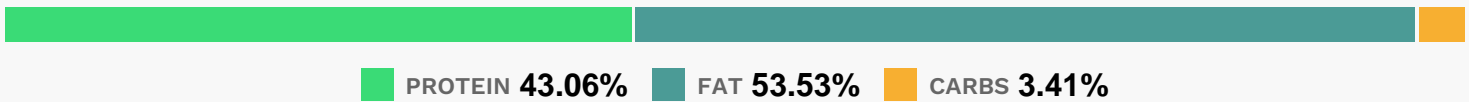
Directions

- ☐ Mince garlic and mash to a paste with salt using a large heavy knife.
- ☐ Transfer to a small bowl and whisk in lemon juice and pepper, then add oil in a stream, whisking until emulsified. Divide marinade among 4 (1- to 2-quart) bowls.
- ☐ Cut steak into 20 to 25 (1/4-inch-thick) slices (about 4 inches long and 1 inch wide), then toss with marinade in one of bowls and thread each slice lengthwise onto a skewer.
- ☐ Cut chicken breast halves diagonally into 20 to 25 (1/4-inch-thick) slices (about 4 inches long and 1 inch wide; if breasts are thin, hold knife at a 45-degree angle to get 1-inch-wide slices). Toss with marinade in another bowl and thread each slice lengthwise onto a skewer.
- ☐ Toss shrimp with marinade in another bowl, then thread 2 shrimp onto each of 20 to 25 skewers.
- ☐ Toss mushrooms with marinade in remaining bowl and thread 2 small mushrooms or 2 large halves onto each of 20 to 25 skewers.
- ☐ Prepare grill for cooking over hot charcoal (high heat for gas); see "Grilling Procedure," below.
- ☐ Grill skewers in batches on lightly oiled grill rack, covered only if using a gas grill, turning over once with tongs, until beef is medium-rare, about 3 minutes total; chicken is just cooked through, about 3 minutes; shrimp is just cooked through, about 2 minutes; and mushrooms

are tender, about 4 minutes.

- ☐ Grilling Procedure
- ☐ Hot: When you can hold your hand there for 1 to 2 seconds
- ☐ Medium-hot: 3 to 4 seconds
- ☐ Low: 5 to 6 seconds
- ☐ If using a gas grill, preheat burners on high, covered, 10 minutes, then, if necessary, reduce to heat specified in recipe.
- ☐ • Skewers can be threaded up to 2 hours ahead and chilled separately, covered with plastic wrap. • To broil skewers, preheat broiler and oil rack of a broiler pan. Put 1 batch of skewers in 1 layer on rack and broil 2 to 3 inches from heat, turning over once, until beef is medium-rare, about 3 minutes total; chicken is just cooked through, about 3 minutes; shrimp is just cooked through, about 2 minutes; and mushrooms are tender, about 4 minutes.

Nutrition Facts



Properties

Glycemic Index:1.17, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.4317391237811%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 31.37kcal (1.57%), Fat: 1.87g (2.88%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 0.27g (0.09%), Net Carbohydrates: 0.2g (0.07%), Sugar: 0.12g (0.14%), Cholesterol: 16.39mg (5.46%), Sodium: 73.24mg (3.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.77%), Phosphorus: 36.12mg (3.61%), Vitamin B3: 0.71mg (3.53%), Selenium: 2.39µg (3.41%), Vitamin B12: 0.17µg (2.76%), Copper: 0.05mg (2.59%), Vitamin B6: 0.05mg (2.53%), Zinc: 0.33mg (2.19%), Vitamin B2: 0.04mg (2.12%), Potassium: 65.89mg (1.88%), Vitamin B5: 0.14mg (1.44%), Magnesium: 4.94mg (1.24%), Iron: 0.2mg (1.11%)