



Grilled Beef Skewers with Moroccan Spices



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



165 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon brown sugar
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 pound flank steak cut into 1- x 2-inch pieces
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 garlic clove
- ☐ 0.5 teaspoon ground cumin

- ☐ 6 servings lime wedges
- ☐ 1 teaspoon lime zest
- ☐ 2 tablespoons olive oil
- ☐ 1 bell pepper red cut into 1-inch pieces
- ☐ 0.3 onion red cut into 1-inch pieces
- ☐ 1 teaspoon salt
- ☐ 1 bell pepper yellow cut into 1-inch pieces

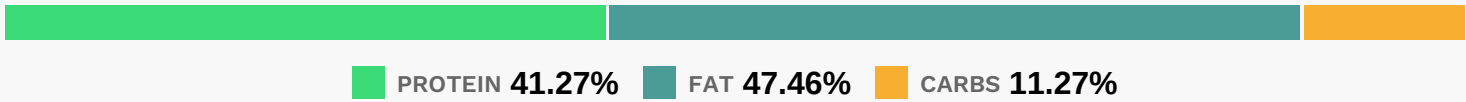
Equipment

- ☐ food processor
- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Soak wooden skewers in cold water 20 to 30 minutes. Pulse first 10 ingredients in a food processor until finely minced.
- ☐ Pour into a plastic zip-top bag, add meat, and chill 2 hours.
- ☐ Preheat grill to 40
- ☐ Assemble skewers by piercing each piece of steak into a U shape, alternating steak with vegetables. Grill 14 minutes for medium or until meat is caramelized and firm, turning once. Squeeze lime over each skewer, and serve.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:0.48, Inflammation Score:-8, Nutrition Score:18.248260954152%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 10.88mg, Apigenin: 10.88mg, Apigenin: 10.88mg, Apigenin: 10.88mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 165.36kcal (8.27%), Fat: 8.68g (13.36%), Saturated Fat: 2.25g (14.07%), Carbohydrates: 4.64g (1.55%), Net Carbohydrates: 3.49g (1.27%), Sugar: 1.77g (1.97%), Cholesterol: 45.36mg (15.12%), Sodium: 436.42mg (18.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.99g (33.97%), Vitamin K: 91.04µg (86.71%), Vitamin C: 70.28mg (85.19%), Selenium: 22.55µg (32.21%), Vitamin B6: 0.57mg (28.7%), Vitamin B3: 5.23mg (26.15%), Vitamin A: 1303.81IU (26.08%), Zinc: 3.09mg (20.61%), Phosphorus: 171.23mg (17.12%), Potassium: 404.3mg (11.55%), Vitamin B12: 0.69µg (11.47%), Iron: 1.97mg (10.94%), Vitamin E: 1.35mg (8.99%), Folate: 35.73µg (8.93%), Vitamin B2: 0.13mg (7.35%), Magnesium: 27.33mg (6.83%), Vitamin B5: 0.62mg (6.2%), Manganese: 0.11mg (5.68%), Vitamin B1: 0.08mg (5.49%), Copper: 0.1mg (5.21%), Fiber: 1.15g (4.59%), Calcium: 37.14mg (3.71%)