



Grilled Beef Skewers with Sun-Dried Tomato Relish

 Gluten Free

READY IN



397 min.

SERVINGS



6

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small avocado diced pitted peeled
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 ear of corn
- ☐ 0.3 cup feta cheese crumbled
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 3 tablespoons herbs de provence

- ☐ 2 teaspoons kosher salt for seasoning
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.5 cup oil-packed sun-dried tomatoes chopped 10 to 12 tomatoes
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 small onion diced red rinsed drained finely
- ☐ 2 pound beef tri-tip trimmed cut into 3/4-inch cubes 48 cubes

Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags
- ☐ skewers
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: 12 wooden or metal 8-inch skewers (see Cook's Note)
- ☐ For the beef: In a resealable plastic bag or glass bowl, combine the olive oil, garlic, herbes de Provence, salt, pepper, and beef. Refrigerate for at least 6 hours or overnight.
- ☐ Place a grill pan over medium-high heat or preheat a gas or charcoal grill.
- ☐ Remove the meat from the marinade and season with salt. Thread 4 pieces of meat onto each skewer and grill for 3 to 4 minutes on each side for medium-well. Arrange the skewers on a platter.
- ☐ For the relish: In a small bowl, combine the onion, sun-dried tomatoes, corn, and olive oil. Refrigerate until ready to serve. Just before serving, add the avocado, feta cheese, and parsley. Gently toss and season with salt and pepper, to taste.
- ☐ Serve the relish alongside the beef skewers.

Nutrition Facts



Properties

Glycemic Index:41.67, Glycemic Load:1.93, Inflammation Score:-6, Nutrition Score:27.463478145392%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 420.87kcal (21.04%), Fat: 25.09g (38.6%), Saturated Fat: 6.56g (41.02%), Carbohydrates: 14.07g (4.69%), Net Carbohydrates: 9.35g (3.4%), Sugar: 5.06g (5.63%), Cholesterol: 99.3mg (33.1%), Sodium: 963.42mg (41.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.19g (72.38%), Vitamin K: 74.63µg (71.08%), Vitamin B12: 3.49µg (58.21%), Zinc: 8.52mg (56.82%), Vitamin B3: 10.19mg (50.95%), Iron: 7.43mg (41.3%), Selenium: 28.41µg (40.59%), Vitamin B6: 0.8mg (39.92%), Phosphorus: 394.77mg (39.48%), Potassium: 1093.29mg (31.24%), Manganese: 0.5mg (24.94%), Vitamin B2: 0.41mg (23.96%), Fiber: 4.72g (18.89%), Vitamin E: 2.83mg (18.88%), Magnesium: 74.46mg (18.61%), Vitamin B5: 1.83mg (18.28%), Copper: 0.35mg (17.66%), Folate: 58.58µg (14.65%), Vitamin C: 12.04mg (14.59%), Vitamin B1: 0.19mg (12.37%), Calcium: 105.96mg (10.6%), Vitamin A: 373.59IU (7.47%), Vitamin D: 0.18µg (1.17%)