



Grilled Beef-Tenderloin Skewers with Red-Miso Glaze

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



161 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 pounds frangelico sliced
- 4 garlic thinly sliced
- 0.3 cup soy sauce low-sodium
- 2 tablespoons miso paste red
- 1 pinch salt
- 1 teaspoon sesame oil
- 1 pinch sugar

0.3 cup vegetable oil

Equipment

sauce pan

blender

grill

skewers

slotted spoon

Directions

Preheat a grill. In a saucepan, heat the vegetable oil.

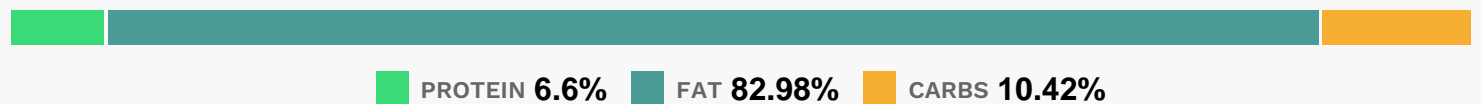
Add the garlic and cook over low heat until crisp, stirring, about 3 minutes. Using a slotted spoon, transfer the garlic to a blender; reserve the garlic oil for another use.

Add the soy sauce, miso, sesame oil, sugar and salt to the blender and puree.

Thread the meat on skewers. Lightly brush the meat with some of the miso glaze. Grill over high heat for 1 minute.

Brush with the miso glaze a second time and grill, turning, until charred, about 2 minutes; serve.

Nutrition Facts



Properties

Glycemic Index:40.27, Glycemic Load:1.49, Inflammation Score:-2, Nutrition Score:3.6156521782927%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 160.63kcal (8.03%), Fat: 15.2g (23.38%), Saturated Fat: 2.31g (14.47%), Carbohydrates: 4.29g (1.43%), Net Carbohydrates: 3.66g (1.33%), Sugar: 0.89g (0.98%), Cholesterol: 0mg (0%), Sodium: 901mg (39.17%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 2.72g (5.44%), Vitamin K: 27.73µg (26.41%), Manganese: 0.19mg (9.54%), Vitamin E: 1.2mg (7.98%), Phosphorus: 44.56mg (4.46%), Vitamin B6: 0.08mg (3.98%), Magnesium: 15.83mg (3.96%), Vitamin B2: 0.06mg (3.61%), Iron: 0.48mg (2.67%), Copper: 0.05mg (2.63%), Fiber: 0.63g (2.53%), Zinc: 0.38mg (2.52%), Potassium: 85.99mg (2.46%), Folate: 8.72µg (2.18%), Selenium: 1.1µg (1.57%), Calcium: 15.06mg (1.51%), Vitamin B3: 0.28mg (1.4%), Vitamin B1: 0.02mg (1.38%), Vitamin C: 0.94mg (1.13%)