



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 beef tenderloin sliced
- ☐ 4 garlic thinly sliced
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 2 tablespoons miso paste red
- ☐ 1 pinch salt
- ☐ 1 teaspoon asian sesame oil
- ☐ 1 pinch sugar

☐ 0.3 cup vegetable oil

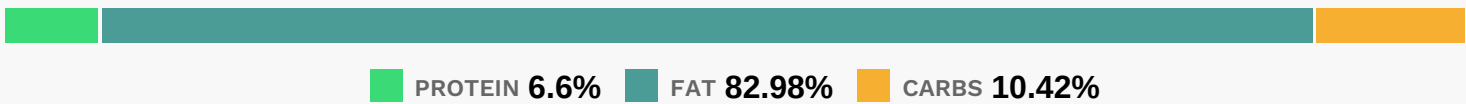
Equipment

- ☐ 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%)