



## Grilled Boneless Sirloin and Vidalia Onion Skewers

 Gluten Free

READY IN



85 min.

SERVINGS



8

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup apple cider vinegar
- 6 to 8 bamboo skewers for 1 hour
- 1 teaspoon beef bouillon granules
- 2 pounds beef sirloin trimmed cut into 2-inch cubes
- 0.3 cup pepper black
- 4 tablespoons butter melted ()
- 8 cloves garlic minced

- 0.3 cup garlic powder
- 1 juice of lemon juiced
- 0.5 teaspoon oregano dried
- 1 teaspoon paprika
- 2 tablespoons parmesan grated
- 1 cup salt
- 1 teaspoon sugar
- 4 large vidalia onions cut into 2-inch cubes

## Equipment

- bowl
- baking sheet
- whisk
- grill
- aluminum foil
- broiler
- skewers

## Directions

- In a shallow dish, whisk together the vinegar, garlic, Parmesan, lemon juice, paprika, sugar, House Seasoning, and oregano.
- Add the beef cubes and marinate, covered, for 1 hour.
- Light the grill or preheat the broiler. In a bowl, add the melted butter and bouillon and stir until the bouillon is completely dissolved.
- Skewer the beef and onion cubes separately.
- Brush the onions with the butter mixture.
- Put the skewers on the grill, or if broiling, transfer the skewers to a foil-lined baking sheet and broil. Turn once, until the onion is tender and the beef is cooked to the desired doneness, 3 to 5 minutes per side. Arrange on a serving platter and serve.
- Mix ingredients together and store in an airtight container.

# Nutrition Facts

PROTEIN 35.26% FAT 34% CARBS 30.74%

## Properties

Glycemic Index:38.26, Glycemic Load:1.84, Inflammation Score:-8, Nutrition Score:21.334782468236%

## Flavonoids

Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Myricetin: 1.94mg, Myricetin: 1.94mg, Myricetin: 1.94mg, Myricetin: 1.94mg, Quercetin: 24.1mg, Quercetin: 24.1mg, Quercetin: 24.1mg, Quercetin: 24.1mg

## Nutrients (% of daily need)

Calories: 317.35kcal (15.87%), Fat: 12.17g (18.73%), Saturated Fat: 6.49g (40.58%), Carbohydrates: 24.77g (8.26%), Net Carbohydrates: 20.52g (7.46%), Sugar: 9.29g (10.33%), Cholesterol: 86.22mg (28.74%), Sodium: 14367.01mg (624.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.41g (56.81%), Manganese: 1.28mg (63.85%), Zinc: 6.43mg (42.89%), Vitamin B12: 2.57µg (42.83%), Vitamin B6: 0.85mg (42.6%), Selenium: 23.61µg (33.73%), Vitamin B3: 6.66mg (33.32%), Phosphorus: 329.27mg (32.93%), Iron: 4.58mg (25.43%), Potassium: 813.57mg (23.24%), Copper: 0.34mg (17.15%), Fiber: 4.25g (17%), Magnesium: 61.64mg (15.41%), Vitamin B2: 0.25mg (14.97%), Vitamin K: 14.51µg (13.82%), Vitamin C: 10.43mg (12.65%), Folate: 50.13µg (12.53%), Calcium: 116.28mg (11.63%), Vitamin B5: 1.09mg (10.94%), Vitamin B1: 0.16mg (10.93%), Vitamin A: 352.65IU (7.05%), Vitamin E: 0.75mg (5%)