



Grilled Bourbon-Glazed Beef Kabobs



Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons bourbon
- ☐ 1 tablespoon teriyaki sauce (from 12-oz bottle)
- ☐ 1 tablespoon orange juice concentrate frozen thawed ()
- ☐ 0.3 cup brown sugar packed
- ☐ 1 Dash pepper red crushed
- ☐ 0.5 lb beef top sirloin steaks boneless cut into 1 1/2-inch cubes
- ☐ 8 pieces onion red ()
- ☐ 8 mushrooms fresh whole

- ☐ 8 pieces bell pepper red ()
- ☐ 1 teaspoon vegetable oil
- ☐ 0.3 teaspoon salt

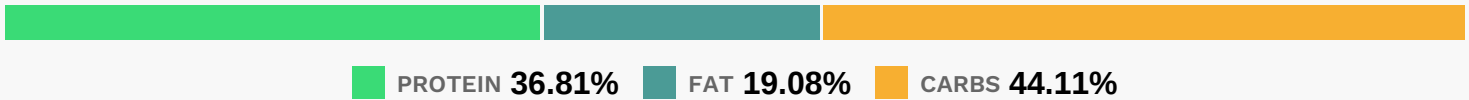
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ metal skewers

Directions

- ☐ Heat gas or charcoal grill. In 1-quart saucepan, mix 1 tablespoon of the bourbon, the teriyaki glaze, orange juice concentrate, brown sugar and crushed red pepper.
- ☐ Heat to boiling over medium heat; reduce heat to low. Simmer 5 minutes, stirring occasionally; remove from heat. Stir in remaining 1 tablespoon bourbon. Reserve 2 tablespoons glaze.
- ☐ In medium bowl, place beef, onion, mushrooms and bell pepper.
- ☐ Drizzle with oil; toss to coat.
- ☐ Sprinkle with salt; toss to coat. On each of two 10- to 12-inch metal skewers, thread beef, onion, mushrooms and bell pepper alternately, leaving 1/4-inch space between each piece.
- ☐ Cover and grill kabobs over medium heat 9 to 11 minutes, turning once and brushing with glaze during last 3 minutes, until beef is desired doneness and vegetables are tender.
- ☐ Just before serving, generously brush kabobs with reserved 2 tablespoons glaze.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:0.71, Inflammation Score:-5, Nutrition Score:18.605217233948%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 342.39kcal (17.12%), Fat: 6.58g (10.12%), Saturated Fat: 1.87g (11.72%), Carbohydrates: 34.23g (11.41%), Net Carbohydrates: 33.18g (12.07%), Sugar: 32.06g (35.63%), Cholesterol: 66.9mg (22.3%), Sodium: 712.4mg (30.97%), Alcohol: 5.01g (100%), Alcohol %: 2.41% (100%), Protein: 28.56g (57.12%), Selenium: 42.86µg (61.23%), Vitamin B3: 10.5mg (52.5%), Vitamin B6: 0.85mg (42.62%), Zinc: 5.01mg (33.38%), Phosphorus: 330.49mg (33.05%), Vitamin B2: 0.48mg (28.38%), Potassium: 778.18mg (22.23%), Vitamin C: 17.82mg (21.6%), Vitamin B5: 2.05mg (20.53%), Copper: 0.37mg (18.71%), Vitamin B12: 1.1µg (18.3%), Iron: 2.64mg (14.68%), Vitamin B1: 0.18mg (11.86%), Magnesium: 44.8mg (11.2%), Folate: 37.64µg (9.41%), Calcium: 56.78mg (5.68%), Vitamin K: 5.68µg (5.41%), Manganese: 0.09mg (4.26%), Vitamin E: 0.64mg (4.25%), Fiber: 1.05g (4.21%), Vitamin A: 168.17IU (3.36%), Vitamin D: 0.16µg (1.07%)