



Grilled Caesar Beef Appetizer Kabobs

 **Gluten Free**  **Dairy Free**

READY IN



90 min.

SERVINGS



30

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound beef top sirloin steaks boneless cut into 1-inch pieces
- 1 medium bell pepper green yellow cut into 1-inch pieces
- 1 cup to 3 sized squashes yellow
- 1.5 cups mushrooms whole
- 1.5 cups cherry tomatoes
- 0.5 cup caesar dressing
- 0.3 teaspoon pepper
- 1 serving the of 1 cos lettuce

- 1 serving caesar dressing
- 1 serving chives fresh chopped
- 30 frangelico (6 to 8 inches)

Equipment

- bowl
- grill
- ziploc bags
- skewers

Directions

- In large resealable food-storage plastic bag, place beef, bell pepper, squash, mushrooms and tomatoes.
- Mix 1/2 cup dressing and the ground pepper.
- Pour over beef and vegetables; seal bag and turn to coat. Refrigerate at least 1 hour but no longer than 4 hours, turning bag occasionally. Soak skewers in water about 1 hour to prevent burning.
- Heat coals or gas grill for direct heat.
- Remove beef and vegetables from marinade; discard marinade.
- Remove skewers from water. Thread 1 or 2 pieces beef on each skewer.
- Add a mushroom, squash, bell pepper piece or tomato to end of each skewer.
- Cover and grill kabobs 4 to 6 inches from medium heat 6 to 8 minutes for medium beef doneness, turning frequently.
- Arrange romaine on serving platter. Top with kabobs. Spoon additional dressing into small bowl for dipping; sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:5.03, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:3.3308695804166%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 50.18kcal (2.51%), Fat: 3.42g (5.27%), Saturated Fat: 0.64g (3.99%), Carbohydrates: 1.03g (0.34%), Net Carbohydrates: 0.73g (0.27%), Sugar: 0.63g (0.7%), Cholesterol: 10.84mg (3.61%), Sodium: 69.44mg (3.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.62%), Vitamin K: 8.95µg (8.52%), Selenium: 5.24µg (7.48%), Vitamin C: 5.78mg (7%), Vitamin B6: 0.13mg (6.32%), Vitamin B3: 1.24mg (6.2%), Vitamin A: 308.64IU (6.17%), Zinc: 0.67mg (4.46%), Phosphorus: 42.17mg (4.22%), Potassium: 111.04mg (3.17%), Vitamin B2: 0.05mg (2.82%), Vitamin B12: 0.15µg (2.43%), Iron: 0.43mg (2.37%), Folate: 9.23µg (2.31%), Vitamin E: 0.34mg (2.27%), Vitamin B5: 0.2mg (1.99%), Copper: 0.04mg (1.96%), Vitamin B1: 0.02mg (1.64%), Manganese: 0.03mg (1.58%), Magnesium: 6.15mg (1.54%), Fiber: 0.3g (1.19%)