



## Grilled Rosemary Beef with Tomato Chutney

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

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**232 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon balsamic vinegar
- 0.5 teaspoon pepper black
- 12 sprigs rosemary fresh
- 4 large cloves garlic ends trimmed unpeeled
- 1 pint grape tomatoes
- 1 teaspoon kosher salt
- 1 pound london broil cut into 1 1/2-inch pieces
- 1.5 tablespoons olive oil

- 1 medium onion red cut into thin wedges

## Equipment

- bowl
- baking sheet
- grill
- skewers

## Directions

- Heat grill to medium.
- Remove all the leaves from the rosemary sprigs except the top inch; reserve the leaves for another use. Skewer the tomatoes on 3 rosemary sprigs. Repeat with the onions, garlic, and beef, dividing the ingredients evenly among the remaining sprigs and using separate sprigs for each ingredient.
- Drizzle each skewer with oil and season with the salt and pepper.
- Transfer the garlic and onion skewers to the grill. Grill, turning occasionally, until softened, about 15 minutes. After about 8 minutes, add the tomato and beef skewers to the grill. Cook the beef, turning once, until the desired doneness, 7 minutes for medium-rare. Cook the tomatoes, turning once, until the skins burst, about 7 minutes.
- Transfer the skewers to a baking sheet when they are done.
- Remove and discard the papery skins from the garlic. Using a fork, slide the garlic and tomatoes into a small bowl.
- Add the vinegar and combine, mashing the tomato and garlic with the fork until chunky.
- Serve the tomato chutney alongside the beef and onion skewers. Tip: Grilling the ingredients on the rosemary sprigs imparts a subtle but noticeable flavor to the food. If the sprigs seem too flimsy to poke a hole in the beef, pierce the meat with a metal or bamboo skewer first, then transfer it to the rosemary sprig.

## Nutrition Facts



## Properties

Glycemic Index:44.25, Glycemic Load:2.19, Inflammation Score:-8, Nutrition Score:18.737391596255%

## Flavonoids

Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

## Nutrients (% of daily need)

Calories: 231.58kcal (11.58%), Fat: 9.38g (14.43%), Saturated Fat: 2.09g (13.08%), Carbohydrates: 8.6g (2.87%), Net Carbohydrates: 6.54g (2.38%), Sugar: 4.5g (5%), Cholesterol: 69.17mg (23.06%), Sodium: 661.99mg (28.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.81g (55.61%), Selenium: 36.75µg (52.5%), Vitamin B6: 0.94mg (46.83%), Vitamin B3: 8.56mg (42.81%), Zinc: 5.47mg (36.49%), Phosphorus: 295.8mg (29.58%), Vitamin B12: 1.53µg (25.51%), Vitamin C: 19.24mg (23.32%), Potassium: 762.41mg (21.78%), Vitamin A: 996.35IU (19.93%), Iron: 2.75mg (15.28%), Vitamin K: 14.44µg (13.75%), Manganese: 0.27mg (13.71%), Vitamin B2: 0.2mg (11.81%), Vitamin E: 1.73mg (11.56%), Magnesium: 45.73mg (11.43%), Vitamin B1: 0.17mg (11.37%), Copper: 0.22mg (10.79%), Folate: 39.3µg (9.83%), Vitamin B5: 0.93mg (9.33%), Fiber: 2.06g (8.22%), Calcium: 51.34mg (5.13%)