



 **51%**
HEALTH SCORE

Grilled Sirloin Skewers with Peaches and Peppers

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

READY IN



45 min.

SERVINGS



8

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup parsley fresh chopped
- 3 garlic cloves minced
- 1.5 tablespoons ground cumin
- 0.3 teaspoon kosher salt
- 2.8 teaspoons kosher salt
- 1 teaspoon olive oil
- 4 peaches cut into 8 wedges

- 0.3 teaspoon pepper black
- 1.5 tablespoons pepper black
- 2 large red bell peppers red cut into 8 (1-inch) pieces
- 2 small red onions red cut into 8 wedges
- 0.3 cup red wine vinegar red
- 2 pounds rump steak boneless cut into 48 (1-inch) pieces

Equipment

- whisk
- grill
- aluminum foil
- skewers

Directions

- Prepare grill.
- To prepare kebabs, combine first 7 ingredients; toss well. Thread 3 steak pieces, 2 peach wedges, 1 onion wedge, and 1 bell pepper piece alternately onto each of 16 (12-inch) skewers.
- Place kebabs on grill rack coated with cooking spray; grill 6 minutes or until tender, turning occasionally.
- Place kebabs on a platter; cover loosely with foil.
- Let stand 5 minutes.
- To prepare sauce, combine chopped parsley and next 5 ingredients (chopped parsley through garlic), stirring with a whisk. Spoon over kebabs.
- Garnish with parsley sprigs, if desired.

Nutrition Facts

 **PROTEIN 48.03%**  **FAT 25.93%**  **CARBS 26.04%**

Properties

Glycemic Index:28.78, Glycemic Load:3.99, Inflammation Score:0, Nutrition Score:24.089130391245%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin: 6.2mg

Nutrients (% of daily need)

Calories: 222.31kcal (11.12%), Fat: 6.42g (9.87%), Saturated Fat: 2.1g (13.1%), Carbohydrates: 14.5g (4.83%), Net Carbohydrates: 11.48g (4.18%), Sugar: 9.26g (10.29%), Cholesterol: 69.17mg (23.06%), Sodium: 954.21mg (41.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.75g (53.49%), Vitamin C: 63.05mg (76.43%), Vitamin K: 69.67µg (66.35%), Vitamin B3: 9.57mg (47.87%), Selenium: 30.95µg (44.22%), Vitamin B6: 0.88mg (43.91%), Vitamin A: 1865.54IU (37.31%), Zinc: 5.14mg (34.28%), Phosphorus: 279.58mg (27.96%), Vitamin B12: 1.35µg (22.49%), Iron: 3.49mg (19.42%), Potassium: 670.26mg (19.15%), Manganese: 0.36mg (18.12%), Folate: 49.37µg (12.34%), Magnesium: 48.38mg (12.09%), Fiber: 3.02g (12.08%), Vitamin B2: 0.2mg (11.62%), Vitamin E: 1.73mg (11.51%), Vitamin B5: 1.06mg (10.56%), Copper: 0.19mg (9.74%), Vitamin B1: 0.14mg (9.05%), Calcium: 67.89mg (6.79%)