



Grilled Sirloin Skewers with Peaches and Peppers

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



321 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 cracked pepper black
- 1.5 tablespoons cracked pepper black
- 2 large bell peppers red cut into 8 (1-inch) pieces
- 2 small onions red cut into 8 wedges
- 0.3 cup red wine vinegar
- 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 31.6%** **FAT 50.35%** **CARBS 18.05%**

Properties

Glycemic Index:28.78, Glycemic Load:3.99, Inflammation Score:-9, Nutrition Score:22.654347689255%

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: 320.97kcal (16.05%), Fat: 17.98g (27.67%), Saturated Fat: 6.97g (43.59%), Carbohydrates: 14.5g (4.83%), Net Carbohydrates: 11.48g (4.18%), Sugar: 9.26g (10.29%), Cholesterol: 63.5mg (21.17%), Sodium: 950.81mg (41.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.4g (50.79%), Vitamin C: 63.05mg (76.43%), Vitamin K: 68.19µg (64.95%), Vitamin B12: 3.15µg (52.54%), Vitamin A: 1865.54IU (37.31%), Vitamin B6: 0.63mg (31.38%), Selenium: 20.75µg (29.64%), Zinc: 4.17mg (27.78%), Vitamin B3: 5.28mg (26.38%), Phosphorus: 244.43mg (24.44%), Iron: 3.93mg (21.81%), Potassium: 632.84mg (18.08%), Manganese: 0.36mg (18.07%), Vitamin B2: 0.28mg (16.49%), Fiber: 3.02g (12.08%), Vitamin B1: 0.18mg (12%), Magnesium: 44.98mg (11.24%), Folate: 41.44µg (10.36%), Copper: 0.2mg (10.09%), Vitamin E: 1.35mg (9.01%), Vitamin B5: 0.67mg (6.68%), Calcium: 42.94mg (4.29%)