



Grilled Steak and Vegetable Kabobs



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound flat iron steak cut into 1-inch cubes
- ☐ 8 oz mushrooms fresh
- ☐ 1 medium size bell pepper green cut into 1-inch cubes
- ☐ 1.5 tablespoons honey
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon salt
- ☐ 1.5 tablespoons soya sauce
- ☐ 1 large onion sweet cut into 1/2-inch wedges

- ☐ 7 inch frangelico
- ☐ 7 inch frangelico

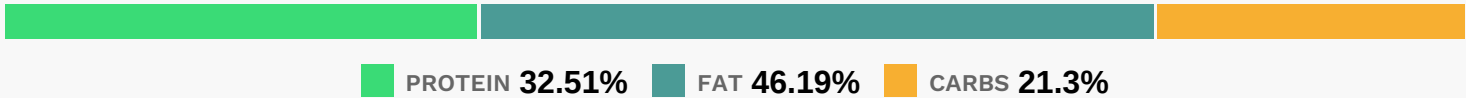
Equipment

- ☐ whisk
- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Whisk together first 4 ingredients in a large shallow dish or zip-top plastic freezer bag; add beef, turning to coat. Cover or seal bag, and chill 20 minutes, turning once.
- ☐ Meanwhile, soak the wooden skewers in water 10 minutes.
- ☐ Remove beef from marinade, discarding marinade. Thread beef onto 4 skewers, onion onto 2 skewers, and mushrooms and peppers onto remaining 2 skewers.
- ☐ Sprinkle kabobs with desired amount of salt and pepper.
- ☐ Grill beef and vegetables at the same time, covered with grill lid. Grill beef 6 minutes on each side or to desired degree of doneness. Grill vegetables 10 minutes or until tender, turning occasionally.

Nutrition Facts



Properties

Glycemic Index:27.32, Glycemic Load:3.93, Inflammation Score:-6, Nutrition Score:22.424782504206%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.67mg, Quercetin: 12.67mg, Quercetin: 12.67mg, Quercetin: 12.67mg

12.67mg

Nutrients (% of daily need)

Calories: 303.41kcal (15.17%), Fat: 15.75g (24.22%), Saturated Fat: 5g (31.27%), Carbohydrates: 16.34g (5.45%), Net Carbohydrates: 14.45g (5.26%), Sugar: 12.57g (13.97%), Cholesterol: 74.84mg (24.95%), Sodium: 617.04mg (26.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.94g (49.87%), Vitamin B12: 5.75µg (95.82%), Selenium: 39.6µg (56.57%), Zinc: 8.29mg (55.26%), Vitamin C: 29.12mg (35.3%), Vitamin B6: 0.67mg (33.41%), Vitamin B3: 6.45mg (32.27%), Vitamin B2: 0.52mg (30.79%), Phosphorus: 294.8mg (29.48%), Vitamin B5: 2.07mg (20.7%), Potassium: 699.71mg (19.99%), Copper: 0.39mg (19.66%), Iron: 3.49mg (19.39%), Vitamin B1: 0.21mg (14.2%), Magnesium: 42.2mg (10.55%), Manganese: 0.18mg (9.22%), Folate: 36.42µg (9.11%), Fiber: 1.89g (7.55%), Vitamin E: 0.83mg (5.53%), Vitamin K: 5.24µg (4.99%), Calcium: 29.98mg (3%), Vitamin A: 110.9IU (2.22%)