



Grilled Surf and Turf Kabobs



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



12

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 bamboo skewers (4 to 6 inch)
- 0.8 lb beef top sirloin steaks boneless trimmed of fat (3/)
- 0.3 teaspoon pepper
- 12 medium shrimp frozen thawed deveined uncooked peeled
- 0.5 cup teriyaki sauce (from 10-oz bottle)

Equipment

- bowl
- grill

skewers

Directions

- Cut beef into 24 (3/4-inch) pieces. In medium bowl, mix beef, shrimp and teriyaki sauce.
- Sprinkle with pepper. Cover; refrigerate 30 minutes, stirring frequently. Meanwhile, soak skewers in water at least 30 minutes before using to prevent burning.
- Spray grill rack with cooking spray.
- Heat gas or charcoal grill. On each skewer, thread 1 beef piece, 1 shrimp and another beef piece, leaving space between each piece; reserve marinade.
- Place kabobs on grill. Cover grill; cook over medium heat 5 to 6 minutes, turning once and brushing with marinade once or twice, until shrimp are pink. Discard any remaining marinade.

Nutrition Facts


PROTEIN 67.7% **FAT 17.87%** **CARBS 14.43%**

Properties

Glycemic Index:5.33, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:3.5908695480422%

Nutrients (% of daily need)

Calories: 55.48kcal (2.77%), Fat: 1.06g (1.63%), Saturated Fat: 0.38g (2.39%), Carbohydrates: 1.93g (0.64%), Net Carbohydrates: 1.89g (0.69%), Sugar: 1.71g (1.9%), Cholesterol: 32.83mg (10.94%), Sodium: 487.45mg (21.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.06g (18.11%), Selenium: 8.87µg (12.67%), Phosphorus: 100.01mg (10%), Vitamin B3: 1.99mg (9.94%), Vitamin B6: 0.19mg (9.58%), Zinc: 1.29mg (8.58%), Potassium: 155.96mg (4.46%), Vitamin B12: 0.27µg (4.44%), Magnesium: 17.45mg (4.36%), Iron: 0.72mg (4%), Copper: 0.07mg (3.73%), Vitamin B2: 0.04mg (2.51%), Vitamin B5: 0.21mg (2.11%), Vitamin B1: 0.03mg (1.68%), Calcium: 15.9mg (1.59%), Folate: 4.68µg (1.17%)