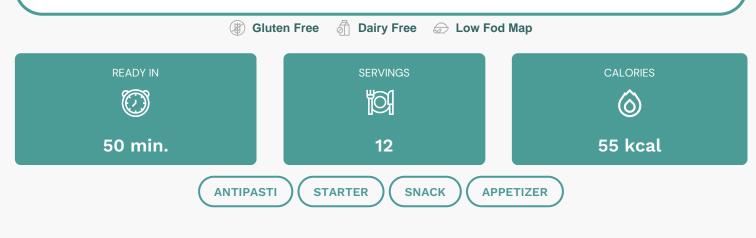


Grilled Surf and Turf Kabobs



Ingredients

12 bamboo skewers (4 to 6 inch)
O.8 lb beef top sirloin steaks boneless trimmed of fat (3/)
O.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%)