



## Grilled Teriyaki Beef Kabobs

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

READY IN



275 min.

SERVINGS



6

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 pounds beef top sirloin steaks boneless cut into 1-inch cubes
- 1 cup teriyaki sauce
- 1 medium bell pepper cut into 1-inch pieces
- 18 medium mushrooms fresh whole
- 2 tablespoons vegetable oil
- 0.3 cup sesame seed toasted

### Equipment

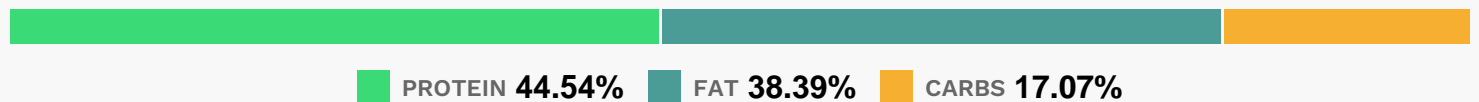
- grill

- ziploc bags
- metal skewers

## Directions

- Place beef in shallow glass or plastic dish or heavy-duty resealable plastic bag.
- Pour teriyaki baste and glaze over beef. Cover dish or seal bag and refrigerate, stirring beef occasionally, at least 4 hours but no longer than 24 hours.
- Heat coals or gas grill for direct heat.
- Remove beef from marinade; discard marinade. Thread beef, bell pepper and mushrooms alternately on each of six 15-inch metal skewers, leaving space between each piece.
- Brush bell pepper and mushrooms with oil.
- Sprinkle kabobs with sesame seed.
- Cover and grill kabobs 4 to 6 inches from medium heat 15 to 20 minutes, turning frequently, until beef is no longer pink in center.

## Nutrition Facts



## Properties

Glycemic Index:16.5, Glycemic Load:0.89, Inflammation Score:-7, Nutrition Score:21.833913004917%

## Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 279.66kcal (13.98%), Fat: 11.9g (18.31%), Saturated Fat: 2.65g (16.54%), Carbohydrates: 11.91g (3.97%), Net Carbohydrates: 10.17g (3.7%), Sugar: 8.69g (9.65%), Cholesterol: 66.9mg (22.3%), Sodium: 1906.08mg (82.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.07g (62.15%), Selenium: 42.65µg (60.92%), Vitamin B3: 10.37mg (51.86%), Vitamin B6: 0.92mg (46.17%), Phosphorus: 404.1mg (40.41%), Zinc: 5.4mg (35.99%), Vitamin C: 26.52mg (32.15%), Copper: 0.57mg (28.28%), Vitamin B2: 0.42mg (24.65%), Iron: 3.91mg (21.71%), Potassium: 755.65mg (21.59%), Magnesium: 84.54mg (21.13%), Vitamin B12: 1.09µg (18.13%), Vitamin B5: 1.71mg (17.12%), Vitamin B1: 0.2mg (13.56%), Vitamin A: 621.54IU (12.43%), Folate: 42.95µg (10.74%), Manganese: 0.21mg (10.69%), Calcium: 100.89mg (10.09%), Vitamin K: 10.56µg (10.05%), Fiber: 1.74g (6.97%), Vitamin E: 1.02mg (6.82%)