



## Grilled Veggie and Steak Appetizer

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 oz portabello mushrooms fresh
- 0.5 lb beef top sirloin steaks boneless trimmed of fat cut in 3/4-inch cubes ( 3/)
- 1 cup onion whole frozen thawed (from 1-lb bag)
- 0.5 cup balsamic vinaigrette
- 0.5 cup cherry tomatoes halved

### Equipment

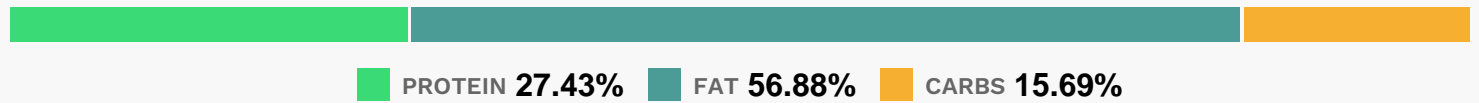
- bowl
- toothpicks

- grill
- wok

## Directions

- Heat gas or charcoal grill. In large bowl, place mushrooms, beef, onions and 1/2 cup of the vinaigrette; toss to coat.
- Let stand 10 minutes; drain.
- Place mixture in grill basket (grill “wok”).
- Place basket on grill. Cover grill; cook over medium–high heat 7 to 9 minutes, shaking basket or stirring beef mixture twice, until vegetables are tender and beef is desired doneness. Stir in tomatoes.
- Spoon beef mixture into serving dish. Stir in remaining 2 tablespoons vinaigrette.
- Serve with toothpicks.

## Nutrition Facts



## Properties

Glycemic Index:3.38, Glycemic Load:0.41, Inflammation Score:-2, Nutrition Score:4.9473912949147%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

## Nutrients (% of daily need)

Calories: 104.44kcal (5.22%), Fat: 6.52g (10.03%), Saturated Fat: 0.88g (5.53%), Carbohydrates: 4.05g (1.35%), Net Carbohydrates: 3.37g (1.22%), Sugar: 2.1g (2.34%), Cholesterol: 16.73mg (5.58%), Sodium: 152.36mg (6.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.07g (14.14%), Selenium: 12.83µg (18.33%), Vitamin B3: 2.86mg (14.31%), Vitamin B6: 0.24mg (12.04%), Phosphorus: 91.19mg (9.12%), Zinc: 1.29mg (8.62%), Potassium: 228.1mg (6.52%), Copper: 0.1mg (4.87%), Vitamin B5: 0.46mg (4.64%), Vitamin B12: 0.28µg (4.62%), Vitamin C: 3.6mg (4.37%), Vitamin B2: 0.07mg (4.07%), Folate: 14.65µg (3.66%), Iron: 0.63mg (3.49%), Vitamin B1: 0.05mg (3.09%), Fiber: 0.68g (2.73%), Manganese: 0.05mg (2.67%), Magnesium: 9.36mg (2.34%), Calcium: 13.97mg (1.4%)