



## Herb Grilled Kabobs

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1.5 lb beef sirloin steak boneless cut into 1-1/2-inch pieces
- 3 cups rice hot cooked
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 0.5 cup miracle whip dressing
- 0.3 lb mushrooms whole
- 1 large onion red cut into wedges
- 2 medium pasilla peppers red cut into chunks
- 2 medium zucchini cut into chunks

- 12 wooden skewers
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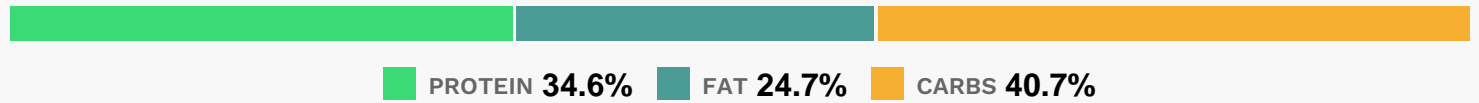
## Equipment

- grill
- skewers

## Directions

- Preheat grill to medium-high heat. Alternately arrange meat and vegetables on skewers.
- Mix dressings.
- Place kabobs on grill; brush with the dressing mixture.
- Grill 10 to 15 min. or until steak is cooked through, turning over after 8 min.
- Serve with the rice.

## Nutrition Facts



## Properties

Glycemic Index:7.17, Glycemic Load:5.03, Inflammation Score:-3, Nutrition Score:4.7891304565837%

## Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

## Nutrients (% of daily need)

Calories: 68.9kcal (3.44%), Fat: 1.87g (2.88%), Saturated Fat: 0.47g (2.93%), Carbohydrates: 6.93g (2.31%), Net Carbohydrates: 6.39g (2.32%), Sugar: 1.76g (1.95%), Cholesterol: 13.76mg (4.59%), Sodium: 86.94mg (3.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.89g (11.79%), Vitamin C: 12.86mg (15.59%), Selenium: 8.65µg (12.36%), Vitamin B6: 0.21mg (10.62%), Vitamin B3: 1.81mg (9.06%), Zinc: 1.07mg (7.17%), Phosphorus: 66.79mg (6.68%), Manganese: 0.12mg (5.84%), Vitamin A: 278.94IU (5.58%), Potassium: 160.09mg (4.57%), Vitamin B2: 0.06mg (3.79%), Vitamin B12: 0.21µg (3.58%), Vitamin K: 3.41µg (3.25%), Vitamin B5: 0.32mg (3.23%), Folate: 11.55µg (2.89%), Iron: 0.52mg (2.89%), Magnesium: 11.32mg (2.83%), Copper: 0.05mg (2.54%), Vitamin B1: 0.04mg (2.39%), Fiber: 0.54g (2.17%), Vitamin E: 0.3mg (1.98%), Calcium: 10.94mg (1.09%)