



Hoisin-Glazed Beef Kebabs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



39 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound beef tenderloin filets cut into 16 cubes
- ☐ 0.5 teaspoon chile paste with garlic
- ☐ 0.5 teaspoon ginger fresh grated peeled
- ☐ 16 grape tomatoes
- ☐ 2 inch green onions (4 onions)
- ☐ 2 tablespoons hoisin sauce
- ☐ 1.5 teaspoons honey
- ☐ 0.5 teaspoon seasoned rice vinegar

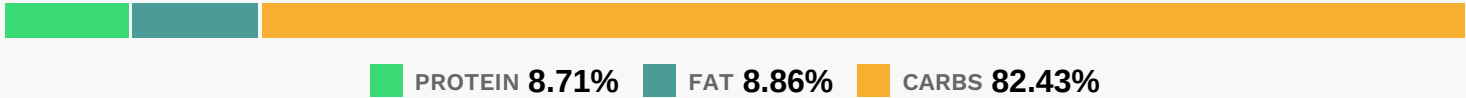
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Combine first 5 ingredients in a medium bowl.
- ☐ Add beef to bowl; toss well to coat.
- ☐ Let stand at room temperature 20 minutes.
- ☐ Thread 4 beef cubes, 4 onion pieces, and 4 tomatoes alternately onto each of 4 (12-inch) skewers.
- ☐ Place kebabs on a grill rack coated with cooking spray; grill 5 minutes on each side or until desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:46.82, Glycemic Load:1.85, Inflammation Score:-5, Nutrition Score:3.1700000011403%

Flavonoids

Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 39.19kcal (1.96%), Fat: 0.41g (0.64%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 8.65g (2.88%), Net Carbohydrates: 7.57g (2.75%), Sugar: 6.22g (6.91%), Cholesterol: 0.24mg (0.08%), Sodium: 133.48mg (5.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.83%), Vitamin C: 9.71mg (11.77%), Vitamin A: 580.83IU (11.62%), Vitamin K: 8.05µg (7.67%), Manganese: 0.1mg (5.14%), Potassium: 178.91mg (5.11%), Fiber: 1.09g (4.35%), Folate: 13µg (3.25%), Vitamin B6: 0.06mg (3.11%), Copper: 0.05mg (2.69%), Vitamin E: 0.4mg (2.66%), Vitamin B3: 0.52mg (2.6%), Magnesium: 9.9mg (2.47%), Phosphorus: 20.37mg (2.04%), Vitamin B2: 0.03mg (1.93%), Vitamin B1:

0.03mg (1.79%), Iron: 0.3mg (1.67%), Calcium: 10.63mg (1.06%), Zinc: 0.15mg (1.03%)