



Indian-Style Beef Kebabs with Cilantro Sauce



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



739 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon curry powder
- ☐ 1 bunch cilantro leaves fresh (2 cups cilantro leaves)
- ☐ 1 piece ginger fresh peeled
- ☐ 2 cloves garlic peeled
- ☐ 1 small pepper flakes green with seeds trimmed halved
- ☐ 1.3 teaspoons kosher salt
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 cup mango chutney

- ☐ 1 small onion peeled
- ☐ 1 medium onion red peeled
- ☐ 1.5 pounds rib-eye steak cut into 24 one-inch chunks
- ☐ 4 tablespoons vegetable oil

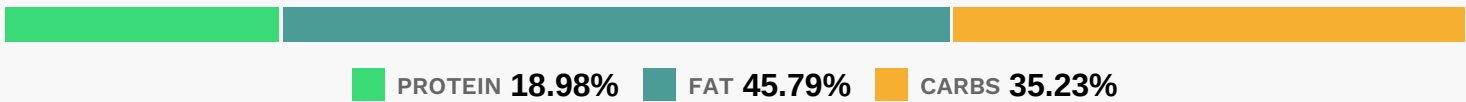
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill
- ☐ skewers
- ☐ grill pan

Directions

- ☐ Place the cilantro, small onion, garlic, chili, ginger, and salt with 3 tablespoons of the oil in a food processor fitted with a metal blade. Process until a paste is formed.
- ☐ Transfer to a large bowl. Put 2 tablespoons of the paste in a small bowl and stir in the lime juice to make the cilantro sauce. Cover and set aside. Stir the curry powder into the rest of the paste.
- ☐ Add the steak and coat well. Cover and marinate at room temperature for 20 minutes.
- ☐ Cut the red onion into 6 wedges and separate each wedge into 2 layers. Thread the beef and onion chunks onto eight 9-inch skewers.
- ☐ Brush a grill pan with the remaining oil. Preheat grill pan, then grill the kebabs for 8 to 10 minutes, turning the skewers every 2 minutes.
- ☐ Serve with the cilantro sauce, chutney, and naan, if desired.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:32.81, Inflammation Score:-5, Nutrition Score:20.768695945325%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.28mg, Quercetin: 10.28mg, Quercetin: 10.28mg, Quercetin: 10.28mg

Nutrients (% of daily need)

Calories: 739.08kcal (36.95%), Fat: 37.83g (58.2%), Saturated Fat: 12.81g (80.08%), Carbohydrates: 65.49g (21.83%), Net Carbohydrates: 63.17g (22.97%), Sugar: 43.77g (48.63%), Cholesterol: 103.76mg (34.59%), Sodium: 883.38mg (38.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.28g (70.56%), Selenium: 43.73µg (62.47%), Zinc: 8.91mg (59.39%), Vitamin B12: 2.82µg (47.06%), Vitamin B3: 8.48mg (42.41%), Vitamin B6: 0.78mg (39.06%), Vitamin K: 34.29µg (32.65%), Vitamin B2: 0.49mg (28.89%), Phosphorus: 280.44mg (28.04%), Vitamin C: 16.66mg (20.19%), Iron: 3.6mg (20.01%), Potassium: 627.88mg (17.94%), Vitamin B1: 0.19mg (12.81%), Copper: 0.25mg (12.69%), Magnesium: 46.82mg (11.71%), Fiber: 2.32g (9.29%), Vitamin E: 1.36mg (9.06%), Manganese: 0.14mg (7.21%), Folate: 25.99µg (6.5%), Calcium: 46.81mg (4.68%), Vitamin A: 169.6IU (3.39%), Vitamin D: 0.17µg (1.13%), Vitamin B5: 0.11mg (1.1%)