



## Indonesian Beef Kabobs

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

READY IN



45 min.

SERVINGS



4

CALORIES



799 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound beef top sirloin steaks boneless lean
- 0.5 cup coconut milk canned
- 4 cups rice long-grain cooked
- 0.3 teaspoon pepper red crushed
- 3 tablespoons cilantro leaves fresh minced
- 2 tablespoons ginger minced peeled
- 0.3 cup spring onion chopped
- 1 tablespoon honey

- 1.5 tablespoons juice of lime
- 0.5 cup peanut butter
- 0.3 cup vegetable oil; peanut oil preferred
- 1 tablespoon rice vinegar
- 2 tablespoons soya sauce

## Equipment

- bowl
- grill
- ziploc bags
- skewers
- metal skewers

## Directions

- Partially freeze steak; trim fat from steak. Slice steak diagonally across grain into 1/4-inch-wide strips, and set aside.
- Combine cilantro and next 4 ingredients in a large heavy-duty, zip-top plastic bag; seal bag, and shake well.
- Add steak to bag; seal bag, and shake until steak is well coated. Marinate in refrigerator 8 hours, turning bag occasionally.
- Combine peanut butter, coconut milk, minced gingerroot, soy sauce, lime juice, and red pepper in a small bowl; stir well. Cover and chill at least 1 hour.
- Remove steak from marinade; discard marinade. Thread steak onto 4 (12-inch) metal skewers.
- Place greased grill rack on grill over medium-hot coals (350 to 400).
- Place kabobs on rack; grill, covered, 5 minutes or to desired degree of doneness, turning skewers once.
- Combine rice and green onions; toss well.
- Transfer rice mixture to a serving platter, and top with steak.
- Serve with peanut butter mixture.

## Nutrition Facts

PROTEIN 19.1% FAT 51.33% CARBS 29.57%

## Properties

Glycemic Index:79.82, Glycemic Load:51.12, Inflammation Score:-6, Nutrition Score:26.596087030742%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

## Nutrients (% of daily need)

Calories: 798.78kcal (39.94%), Fat: 46.15g (71%), Saturated Fat: 14.25g (89.04%), Carbohydrates: 59.82g (19.94%), Net Carbohydrates: 56.59g (20.58%), Sugar: 9.24g (10.27%), Cholesterol: 66.9mg (22.3%), Sodium: 714.72mg (31.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.63g (77.27%), Manganese: 1.58mg (78.98%), Selenium: 50.19µg (71.7%), Vitamin B3: 12.93mg (64.66%), Vitamin B6: 1.05mg (52.3%), Phosphorus: 463.42mg (46.34%), Zinc: 6.43mg (42.87%), Vitamin E: 6.3mg (42%), Magnesium: 117.86mg (29.46%), Potassium: 785.17mg (22.43%), Copper: 0.44mg (22.12%), Iron: 3.58mg (19.89%), Vitamin B5: 1.81mg (18.14%), Vitamin B12: 1.07µg (17.77%), Vitamin K: 15.54µg (14.8%), Folate: 58.91µg (14.73%), Vitamin B2: 0.24mg (14.27%), Fiber: 3.23g (12.92%), Vitamin B1: 0.18mg (12.03%), Calcium: 70.17mg (7.02%), Vitamin C: 3.99mg (4.83%), Vitamin A: 122.43IU (2.45%)