



Italian Beef Kabobs



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds round steak boneless
- ☐ 1 medium bell pepper red cut into 1-inch pieces
- ☐ 8 ounces mushrooms whole
- ☐ 1 medium zucchini
- ☐ 0.5 cup salad dressing italian
- ☐ 9 small potatoes – remove skin red cut in half

Equipment

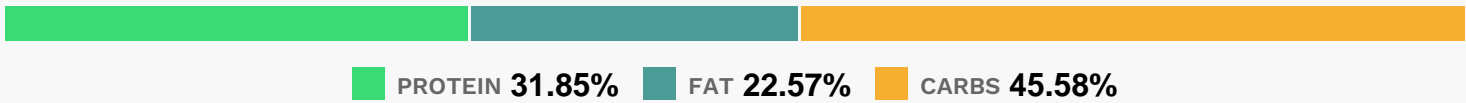
- ☐ bowl

- ☐ sauce pan
- ☐ grill
- ☐ metal skewers

Directions

- ☐ Cut beef into 1-inch pieces.
- ☐ Place beef, bell pepper, mushrooms and zucchini in medium glass or plastic bowl. Stir in dressing until coated. Cover and refrigerate, stirring occasionally, at least 1 hour but no longer than 12 hours.
- ☐ Heat coals or gas grill.
- ☐ Place potatoes in 2-quart saucepan; add enough water to cover.
- ☐ Heat to boiling; reduce heat to low. Simmer uncovered about 10 minutes or until almost tender; drain. Cool slightly.
- ☐ Remove beef and vegetables from dressing; reserve dressing. Thread beef, marinated vegetables and potatoes alternately on each of twelve 9-inch metal skewers, leaving 1/2-inch space between each piece.
- ☐ Brush kabobs with dressing.
- ☐ Cover and grill kabobs 4 to 5 inches from medium heat 6 to 8 minutes for medium-rare to medium doneness, turning and brushing with dressing after 3 minutes. Discard any remaining dressing.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:0.63, Inflammation Score:-8, Nutrition Score:30.226087082987%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 403.28kcal (20.16%), Fat: 10.2g (15.7%), Saturated Fat: 2.58g (16.13%), Carbohydrates: 46.36g (15.45%),
Net Carbohydrates: 40.9g (14.87%), Sugar: 7.8g (8.67%), Cholesterol: 71.44mg (23.81%), Sodium: 310.3mg (13.49%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.39g (64.78%), Vitamin B6: 1.35mg (67.58%), Vitamin C:
54.04mg (65.5%), Vitamin B3: 12.49mg (62.44%), Selenium: 37.7µg (53.86%), Potassium: 1823.17mg (52.09%),
Phosphorus: 460.31mg (46.03%), Zinc: 6.07mg (40.47%), Vitamin B12: 2.16µg (35.97%), Copper: 0.6mg (30.04%),
Vitamin B2: 0.46mg (27.26%), Iron: 4.71mg (26.18%), Vitamin B1: 0.37mg (24.95%), Magnesium: 97.09mg (24.27%),
Manganese: 0.48mg (23.96%), Fiber: 5.46g (21.82%), Vitamin B5: 2.17mg (21.72%), Vitamin K: 22.1µg (21.05%),
Folate: 84.03µg (21.01%), Vitamin A: 711.21IU (14.22%), Vitamin E: 1.15mg (7.67%), Calcium: 58.47mg (5.85%), Vitamin
D: 0.19µg (1.26%)