



Italian Beef Kabobs (Cooking for 2)



Gluten Free



Dairy Free

READY IN



83 min.

SERVINGS



2

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 round steak bone-in
- ☐ 2 garlic clove finely chopped
- ☐ 0.3 cup balsamic vinegar
- ☐ 0.3 cup water
- ☐ 1 tablespoon oregano dried fresh chopped
- ☐ 2 tablespoons vegetable oil
- ☐ 1.5 teaspoons marjoram dried fresh chopped
- ☐ 1 teaspoon sugar

Equipment

- ☐ bowl
- ☐ oven
- ☐ broiler pan
- ☐ metal skewers

Directions

- ☐ Remove fat from beef.
- ☐ Cut beef into 1-inch pieces.
- ☐ Mix remaining ingredients in medium glass or plastic bowl. Stir in beef until coated. Cover and refrigerate, stirring occasionally, at least 1 hour but no longer than 12 hours.
- ☐ Set oven control to broil.
- ☐ Remove beef from marinade; reserve marinade. Thread beef on each of four 10-inch metal skewers, leaving 1/2-inch space between each piece.
- ☐ Brush kabobs with marinade.
- ☐ Place kabobs on rack in broiler pan. Broil kabobs with tops about 3 inches from heat 6 to 8 minutes for medium-rare to medium doneness, turning and brushing with marinade after 3 minutes. Discard any remaining marinade.

Nutrition Facts



Properties

Glycemic Index:77.55, Glycemic Load:4.42, Inflammation Score:-9, Nutrition Score:16.868260756783%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 325.47kcal (16.27%), Fat: 19.14g (29.44%), Saturated Fat: 3.97g (24.79%), Carbohydrates: 10.18g (3.39%), Net Carbohydrates: 9.03g (3.28%), Sugar: 6.9g (7.66%), Cholesterol: 71.19mg (23.73%), Sodium: 74.43mg (3.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.22g (52.44%), Selenium: 32.87µg (46.96%), Vitamin B6: 0.82mg (40.84%), Vitamin K: 42.43µg (40.41%), Vitamin B3: 7.94mg (39.69%), Vitamin B12: 2.14µg (35.59%), Zinc: 4.98mg (33.21%), Phosphorus: 265.44mg (26.54%), Iron: 3.66mg (20.34%), Potassium: 478.17mg (13.66%), Vitamin E: 1.91mg (12.74%), Vitamin B2: 0.2mg (11.84%), Manganese: 0.24mg (11.83%), Magnesium: 40.13mg (10.03%), Vitamin B5: 0.8mg (8.04%), Calcium: 78.96mg (7.9%), Vitamin B1: 0.12mg (7.87%), Copper: 0.15mg (7.65%), Folate: 20.91µg (5.23%), Fiber: 1.16g (4.62%), Vitamin C: 1.03mg (1.25%)