



Mango-Spiced Steak Skewers



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



10

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup apple juice
- ☐ 10 bamboo skewers for 20 minutes
- ☐ 1 teaspoon cayenne pepper
- ☐ 0.3 cup dijon mustard
- ☐ 1 pound flank steak sliced
- ☐ 1 clove garlic minced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 tablespoon honey

- ☐ 1 teaspoon kosher salt
- ☐ 0.5 cup mango preserves
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup teriyaki sauce

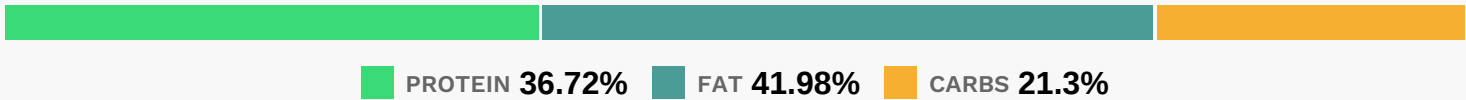
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ skewers

Directions

- ☐ Stir together Dijon mustard, 1/4 cup honey, and 1/4 cup mango preserves in a small bowl to make a dipping sauce; set aside.
- ☐ Whisk together the apple juice, teriyaki sauce, 1 tablespoon honey, 1/2 cup mango preserves, garlic, cayenne pepper, salt, and black pepper in a bowl until blended.
- ☐ Add sliced flank steak and toss to coat. Set aside to marinate 10 minutes.
- ☐ Preheat an outdoor grill for medium-high heat and lightly oil grate.
- ☐ Remove the steak from the marinade, and discard the remaining marinade. Thread the steak strips onto the soaked skewers. Cook on the preheated grill to desired degree of doneness, about 1 minute on each side for medium.
- ☐ Serve accompanied by the Dijon dipping sauce.

Nutrition Facts



Properties

Glycemic Index:30.28, Glycemic Load:2.12, Inflammation Score:-2, Nutrition Score:6.0704347517179%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 115.66kcal (5.78%), Fat: 5.37g (8.26%), Saturated Fat: 1.36g (8.51%), Carbohydrates: 6.13g (2.04%), Net Carbohydrates: 5.6g (2.03%), Sugar: 5.19g (5.77%), Cholesterol: 27.22mg (9.07%), Sodium: 601.74mg (26.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.57g (21.14%), Selenium: 15.73µg (22.47%), Vitamin B6: 0.31mg (15.44%), Vitamin B3: 3.04mg (15.2%), Zinc: 1.82mg (12.1%), Phosphorus: 113mg (11.3%), Vitamin B12: 0.41µg (6.88%), Potassium: 215.12mg (6.15%), Iron: 1.01mg (5.6%), Magnesium: 19.44mg (4.86%), Vitamin E: 0.7mg (4.66%), Vitamin C: 3.41mg (4.13%), Vitamin B2: 0.07mg (4.12%), Vitamin A: 177.73IU (3.55%), Manganese: 0.07mg (3.55%), Vitamin B1: 0.05mg (3.54%), Vitamin B5: 0.35mg (3.47%), Copper: 0.06mg (3.03%), Vitamin K: 3µg (2.86%), Folate: 10.77µg (2.69%), Fiber: 0.54g (2.14%), Calcium: 18.81mg (1.88%)