



## Margarita Beef Skewers



Gluten Free



Dairy Free



Popular

READY IN



75 min.

SERVINGS



8

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 cloves garlic minced
- ☐ 1 cup margarita cocktail
- ☐ 16 mushrooms trimmed
- ☐ 1 onion cut into 1-inch chunks
- ☐ 1 large bell pepper green red cut into 1 inch pieces
- ☐ 0.5 teaspoon salt
- ☐ 1 pound beef top sirloin steaks cut into 1 1/2-inch cubes
- ☐ 0.3 cup vegetable oil

- ☐ 8 bamboo skewers soaked in water for 30 minutes
- ☐ 1 tablespoon sugar white

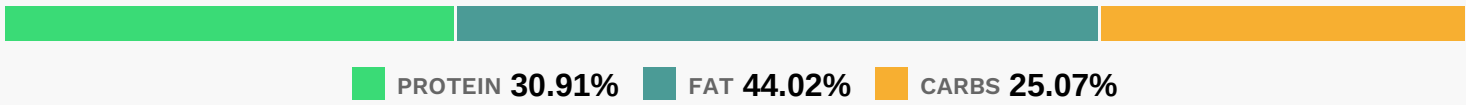
## Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags
- ☐ skewers

## Directions

- ☐ Combine margarita mix, salt, sugar, garlic, and vegetable oil in a bowl or resealable plastic bag. Toss sirloin cubes in marinade and marinate at least 30 minutes.
- ☐ Preheat a grill for medium heat.
- ☐ Assemble skewers, alternating meat with mushrooms, onion, and bell pepper.
- ☐ Brush skewers with marinade, then discard the remaining marinade. Grill skewers to desired doneness, about 10 minutes total for medium.

## Nutrition Facts



## Properties

Glycemic Index:21.14, Glycemic Load:1.75, Inflammation Score:-3, Nutrition Score:10.634347822355%

## Flavonoids

Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

## Nutrients (% of daily need)

Calories: 183.48kcal (9.17%), Fat: 9.01g (13.87%), Saturated Fat: 1.82g (11.36%), Carbohydrates: 11.55g (3.85%), Net Carbohydrates: 10.55g (3.84%), Sugar: 9.64g (10.71%), Cholesterol: 33.45mg (11.15%), Sodium: 202.35mg (8.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.24g (28.48%), Selenium: 21.37µg (30.53%), Vitamin B3: 5.23mg (26.16%), Vitamin B6: 0.47mg (23.47%), Vitamin C: 18.57mg (22.51%), Zinc: 2.54mg (16.91%), Phosphorus:

163.27mg (16.33%), Vitamin B2: 0.24mg (14.08%), Vitamin K: 14.74µg (14.03%), Potassium: 388.63mg (11.1%), Vitamin B5: 1.01mg (10.11%), Copper: 0.2mg (9.77%), Vitamin B12: 0.55µg (9.15%), Iron: 1.23mg (6.82%), Vitamin B1: 0.09mg (6.3%), Vitamin E: 0.8mg (5.33%), Magnesium: 20.46mg (5.11%), Folate: 18.86µg (4.71%), Manganese: 0.08mg (4.04%), Fiber: 1g (3.99%), Calcium: 20.95mg (2.09%), Vitamin A: 76.19IU (1.52%)