



Marinated Beef Kabobs with Vegetables



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon rosemary dried
- ☐ 1 tablespoon thyme dried
- ☐ 1 teaspoon ground mustard dry
- ☐ 3.5 pound roast chickens cut into 1 1/2-inch cubes
- ☐ 2 garlic clove pressed
- ☐ 2 bell pepper green cut into 1 1/2-inch pieces
- ☐ 1 pound mushrooms whole
- ☐ 12 small onion whole

- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 0.3 cup soya sauce
- ☐ 1 cup vegetable oil
- ☐ 1 cup citrus champagne vinegar
- ☐ 0.5 teaspoon worcestershire sauce

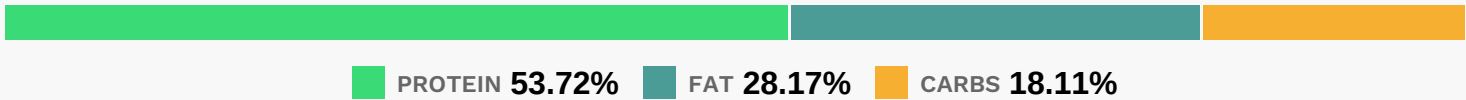
Equipment

- ☐ grill
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ Stir together first 10 ingredients; reserve 1/2 cup marinade, and chill.
- ☐ Pour remaining marinade into a large heavy-duty zip-top plastic bag.
- ☐ Add meat cubes; seal and chill 8 hours.
- ☐ Drain, discarding marinade.
- ☐ Thread meat and vegetables onto 12-inch skewers.
- ☐ Grill, covered with grill lid, over medium-high heat 16 minutes, basting with reserved marinade and turning often.

Nutrition Facts



Properties

Glycemic Index:21.6, Glycemic Load:2.3, Inflammation Score:-8, Nutrition Score:25.724782358045%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg Isorhamnetin: 4.21mg, Isorhamnetin: 4.21mg, Isorhamnetin: 4.21mg, Isorhamnetin: 4.21mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.03mg,

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 17.59mg, Quercetin: 17.59mg, Quercetin: 17.59mg, Quercetin: 17.59mg

Nutrients (% of daily need)

Calories: 256.05kcal (12.8%), Fat: 8.12g (12.5%), Saturated Fat: 2.09g (13.03%), Carbohydrates: 11.75g (3.92%), Net Carbohydrates: 9.08g (3.3%), Sugar: 5.22g (5.8%), Cholesterol: 0mg (0%), Sodium: 745.44mg (32.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.85g (69.7%), Vitamin B6: 1.65mg (82.45%), Vitamin B3: 12.72mg (63.6%), Zinc: 7.11mg (47.39%), Vitamin B12: 2.83µg (47.14%), Selenium: 30.32µg (43.32%), Phosphorus: 425.44mg (42.54%), Vitamin B2: 0.66mg (38.62%), Vitamin C: 26.99mg (32.71%), Iron: 5mg (27.77%), Potassium: 931.04mg (26.6%), Vitamin B1: 0.35mg (23.48%), Copper: 0.45mg (22.26%), Vitamin B5: 1.84mg (18.43%), Vitamin K: 17.32µg (16.5%), Manganese: 0.3mg (15.1%), Magnesium: 59.61mg (14.9%), Fiber: 2.67g (10.68%), Folate: 29.55µg (7.39%), Calcium: 45.48mg (4.55%), Vitamin E: 0.51mg (3.39%), Vitamin A: 112.64IU (2.25%)