



Marinated Kebabs with Maille® Dijon Originale Mustard



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bell peppers color
- ☐ 1 jar dijon originale mustard maille®
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 2 pounds premium meat
- ☐ 3 tablespoons olive oil
- ☐ 1 onion
- ☐ 4 servings salt and pepper

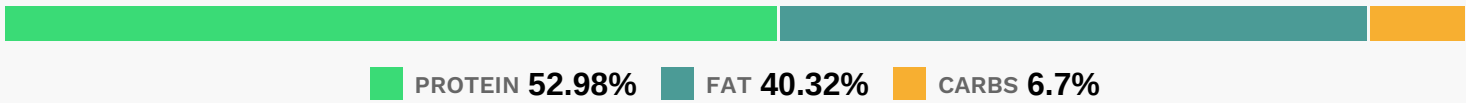
Equipment

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

Directions

- ☐ Cut the meat, bell peppers and onion into squares.
- ☐ In a large bowl, whisk the jar of Maille® Dijon Originale mustard, olive oil, thyme, salt and pepper.
- ☐ Add the meat to the mixture and coat evenly. Refrigerate for 30 minutes. Alternate the meat with the bell pepper and onion squares on skewers. Grill, turning frequently and brushing with the remaining mixture.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:1.32, Inflammation Score:-9, Nutrition Score:29.532173861628%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 378.16kcal (18.91%), Fat: 16.59g (25.53%), Saturated Fat: 2.78g (17.4%), Carbohydrates: 6.21g (2.07%), Net Carbohydrates: 4.46g (1.62%), Sugar: 3.67g (4.08%), Cholesterol: 145.15mg (48.38%), Sodium: 463.35mg (20.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.06g (98.11%), Vitamin B3: 24.27mg (121.37%), Selenium: 72.86µg (104.09%), Vitamin C: 80.95mg (98.12%), Vitamin B6: 1.91mg (95.27%), Phosphorus: 500.11mg (50.01%), Vitamin A: 1934.09IU (38.68%), Vitamin B5: 3.45mg (34.55%), Potassium: 1005.87mg (28.74%), Vitamin E: 2.89mg (19.29%), Magnesium: 69.12mg (17.28%), Vitamin B2: 0.29mg (16.78%), Vitamin B1: 0.19mg (12.71%), Folate: 41.86µg

(10.46%), Vitamin K: 10.88µg (10.36%), Zinc: 1.52mg (10.11%), Vitamin B12: 0.45µg (7.56%), Iron: 1.29mg (7.19%), Manganese: 0.14mg (7.13%), Fiber: 1.75g (7%), Copper: 0.08mg (4.15%), Calcium: 23.39mg (2.34%), Vitamin D: 0.23µg (1.51%)