



Mediterranean Garlic Herb Beef Skewers

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 pounds beef steak boneless cut into 2-inch chunks
- 4 callisons mediterranean garlic herb seasoned skewers
- 8 medium mushrooms
- 1.5 inch onion red
- 4 servings salad oil as needed
- 4 servings salt and pepper black freshly ground to taste
- 0.5 cup white wine

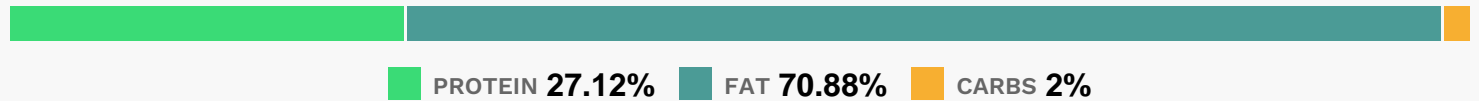
Equipment

- grill
- skewers

Directions

- Soak skewers in white wine for 10 to 15 minutes.
- Thread onto a skewer in the following order: beef–mushroom–onion, using 1 piece of each. Repeat 1 more time. Repeat with remaining skewers.
- Let sit for 10 to 20 minutes in refrigerator.
- Lightly brush skewers on each side with olive or salad oil and season to taste with salt and pepper.
- Place on a preheated medium–high grill and cook until beef is cooked to desired doneness, about 4 to 5 minutes per side.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:0.41, Inflammation Score:-3, Nutrition Score:16.315217295419%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 455.23kcal (22.76%), Fat: 34.52g (53.1%), Saturated Fat: 10.16g (63.51%), Carbohydrates: 2.19g (0.73%), Net Carbohydrates: 1.79g (0.65%), Sugar: 1.04g (1.16%), Cholesterol: 87.55mg (29.18%), Sodium: 82.5mg (3.59%), Alcohol: 3.09g (100%), Alcohol %: 1.75% (100%), Protein: 29.72g (59.43%), Selenium: 37.97µg (54.25%), Zinc: 7.5mg (49.98%), Vitamin B3: 8.27mg (41.37%), Vitamin B12: 2.37µg (39.46%), Vitamin B6: 0.62mg (30.97%), Vitamin B2: 0.49mg (28.73%), Phosphorus: 240.91mg (24.09%), Vitamin E: 2.45mg (16.37%), Iron: 2.71mg (15.06%), Potassium: 518.38mg (14.81%), Vitamin K: 12.4µg (11.81%), Copper: 0.23mg (11.4%), Vitamin B1: 0.16mg (10.4%), Magnesium: 36.27mg (9.07%), Vitamin B5: 0.56mg (5.55%), Manganese: 0.07mg (3.3%), Folate: 10.87µg (2.72%), Fiber: 0.4g (1.61%), Calcium: 14.36mg (1.44%), Vitamin D: 0.21µg (1.42%)