



Mediterranean Sirloin Skewers

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup olive oil extra virgin
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 2 tablespoons garlic cloves fresh chopped
- ☐ 1 teaspoon ground pepper black
- ☐ 0.3 cup squeezed lemon juice fresh
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 6 servings rice
- ☐ 2 teaspoons sea salt

- ☐ 2 pounds sirloin tips
- ☐ 0.3 cup california chardonnay wine

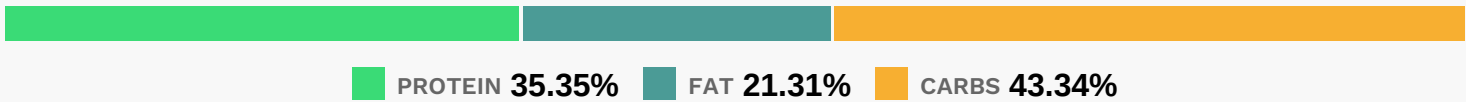
Equipment

- ☐ grill
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ In a large resealable plastic bag, combine the olive oil, wine, lemon juice, garlic, rosemary, oregano, salt and black pepper.
- ☐ Add the sirloin tips, seal, and shake or squish to make sure all of the ingredients are well dispersed.
- ☐ Place in the refrigerator for at least 8 hours or overnight. You may want to check in a few times to agitate the bag and make sure the sirloin tips are evenly marinated.Preheat your grill on high.Thread the sirloin tips onto 4 to 6 soaked skewers and grill for 4 to 5 minutes on each side.
- ☐ Serve over couscous, pasta, salad or rice.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:29.53, Inflammation Score:-7, Nutrition Score:21.609130548394%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 487.05kcal (24.35%), Fat: 11.09g (17.06%), Saturated Fat: 3.19g (19.92%), Carbohydrates: 50.72g (16.91%), Net Carbohydrates: 47.05g (17.11%), Sugar: 0.4g (0.44%), Cholesterol: 92.23mg (30.74%), Sodium: 869.03mg (37.78%), Alcohol: 1.04g (100%), Alcohol %: 0.51% (100%), Protein: 41.37g (82.74%), Vitamin B3: 13.47mg (67.36%), Selenium: 39.02µg (55.74%), Vitamin B6: 1.03mg (51.54%), Zinc: 6.85mg (45.7%), Phosphorus: 424.23mg (42.42%), Manganese: 0.65mg (32.61%), Vitamin B12: 1.8µg (29.99%), Iron: 3.61mg (20.07%), Potassium: 668.43mg (19.1%), Vitamin B5: 1.8mg (18.04%), Magnesium: 67.58mg (16.89%), Fiber: 3.67g (14.69%), Copper: 0.29mg (14.26%), Vitamin B1: 0.2mg (13.57%), Vitamin B2: 0.22mg (13.08%), Vitamin K: 9.9µg (9.43%), Folate: 36.66µg (9.17%), Calcium: 79.81mg (7.98%), Vitamin E: 1.19mg (7.94%), Vitamin C: 4.86mg (5.89%), Vitamin D: 0.15µg (1.01%)