



Molasses-Balsamic Steak Kabobs With Green Tomatoes



Gluten Free



Dairy Free

READY IN



38 min.

SERVINGS



6

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 2 medium size tomatoes green cut into eighths
- ☐ 0.5 cup blackstrap molasses
- ☐ 4 small peaches firm quartered
- ☐ 2 teaspoons pepper
- ☐ 2 medium size onions red cut into eighths
- ☐ 2 teaspoons lawry's seasoned salt

- ☐ 1.5 lb rump steak boneless trimmed cut into 1 1/2-inch pieces
- ☐ 12 inch metal skewers
- ☐ 12 inch metal skewers

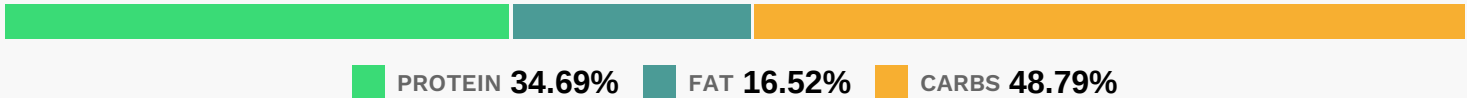
Equipment

- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Soak wooden skewers in water to cover 30 minutes.
- ☐ Preheat grill to 350 to 400 (medium-high) heat. Thread steak and next 3 ingredients alternately onto skewers, leaving a 1/4-inch space between pieces.
- ☐ Sprinkle kabobs with seasoned salt and pepper. Stir together molasses and vinegar.
- ☐ Grill kabobs, covered with grill lid, 4 minutes on each side. Baste with half of molasses mixture, and grill 2 minutes. Turn, baste with remaining half of molasses mixture, and grill 2 more minutes or until done.

Nutrition Facts



Properties

Glycemic Index:32.21, Glycemic Load:13.97, Inflammation Score:-7, Nutrition Score:20.669565314832%

Flavonoids

Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg Catechin: 4.26mg, Catechin: 4.26mg, Catechin: 4.26mg, Catechin: 4.26mg Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg Epicatechin: 2.03mg, Epicatechin: 2.03mg, Epicatechin: 2.03mg, Epicatechin: 2.03mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg

Nutrients (% of daily need)

Calories: 306.05kcal (15.3%), Fat: 5.64g (8.68%), Saturated Fat: 2g (12.47%), Carbohydrates: 37.48g (12.49%), Net Carbohydrates: 34.94g (12.71%), Sugar: 33.04g (36.71%), Cholesterol: 69.17mg (23.06%), Sodium: 870.83mg (37.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.65g (53.3%), Selenium: 36.12µg (51.6%), Vitamin B6: 0.97mg (48.52%), Vitamin B3: 9.63mg (48.14%), Manganese: 0.69mg (34.38%), Zinc: 5.08mg (33.9%), Potassium: 1061.66mg (30.33%), Phosphorus: 285.42mg (28.54%), Magnesium: 111.18mg (27.79%), Vitamin B12: 1.35µg (22.49%), Iron: 3.9mg (21.68%), Vitamin C: 15.86mg (19.23%), Copper: 0.35mg (17.53%), Vitamin B5: 1.36mg (13.57%), Calcium: 112.85mg (11.29%), Vitamin A: 550.13IU (11%), Vitamin B2: 0.18mg (10.37%), Fiber: 2.54g (10.17%), Vitamin B1: 0.14mg (9.58%), Vitamin K: 9.45µg (9%), Vitamin E: 1.18mg (7.85%), Folate: 30.71µg (7.68%)