



Mom's Beef Shish Kabobs

 **Gluten Free**  **Dairy Free**

READY IN



1005 min.

SERVINGS



4

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 clove garlic minced
- 2 bell peppers green cut into chunks
- 1.5 pounds beef lean cut into 1-inch cubes
- 0.3 cup juice of lemon
- 1 tablespoon mustard prepared
- 1 large onion cut into large squares
- 1 teaspoon coarsely cracked pepper black
- 1 bell pepper red cut into chunks

- 1.5 teaspoons salt
- 16 mushroom caps
- 0.5 cup soya sauce
- 0.3 cup vegetable oil
- 1 tablespoon worcestershire sauce

Equipment

- bowl
- sauce pan
- whisk
- grill
- ziploc bags
- skewers
- metal skewers

Directions

- Whisk the vegetable oil, soy sauce, lemon juice, mustard, Worcestershire sauce, garlic, black pepper, and salt together in a bowl; pour into a resealable plastic bag.
- Add the beef, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator 8 hours or overnight.
- Add the mushrooms to the bag, coat with the marinade, squeeze out excess air, and reseal the bag; marinate in the refrigerator another 8 hours.
- Preheat an outdoor grill for high heat, and lightly oil the grate.
- Remove the beef and mushrooms from the marinade, shaking off any excess liquid.
- Pour the marinade into a small saucepan and bring to a boil over high heat. Reduce heat to medium-low, and simmer for 10 minutes; set aside for basting.
- Thread pieces of green bell pepper, beef, red bell pepper, mushroom, and onion onto metal skewers, repeating until all ingredients are skewered.
- Cook the skewers on the preheated grill, turning frequently and brushing generously with the reserved marinade until nicely browned on all sides and the meat is no longer pink in the

center, about 15 minutes.

Nutrition Facts

PROTEIN 35.22% FAT 51.36% CARBS 13.42%

Properties

Glycemic Index:52.5, Glycemic Load:2.44, Inflammation Score:-9, Nutrition Score:33.011739191802%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 2.99mg, Luteolin: 2.99mg, Luteolin: 2.99mg, Luteolin: 2.99mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg

Nutrients (% of daily need)

Calories: 475.99kcal (23.8%), Fat: 27.39g (42.13%), Saturated Fat: 6.69g (41.82%), Carbohydrates: 16.11g (5.37%), Net Carbohydrates: 11.85g (4.31%), Sugar: 6.97g (7.74%), Cholesterol: 105.46mg (35.15%), Sodium: 2710.65mg (117.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.25g (84.5%), Vitamin C: 95.4mg (115.63%), Vitamin B3: 13.36mg (66.79%), Zinc: 9.63mg (64.21%), Vitamin B12: 3.81µg (63.5%), Vitamin B6: 1.17mg (58.7%), Selenium: 34.68µg (49.55%), Phosphorus: 477.48mg (47.75%), Vitamin K: 40.86µg (38.91%), Iron: 5.75mg (31.93%), Potassium: 1107.07mg (31.63%), Vitamin B2: 0.5mg (29.62%), Manganese: 0.54mg (27.04%), Vitamin A: 1162.11IU (23.24%), Vitamin B5: 2.28mg (22.83%), Magnesium: 77.82mg (19.46%), Vitamin E: 2.71mg (18.03%), Fiber: 4.26g (17.02%), Copper: 0.33mg (16.59%), Folate: 51.52µg (12.88%), Vitamin B1: 0.18mg (11.88%), Calcium: 50.82mg (5.08%), Vitamin D: 0.39µg (2.63%)