



New York Spiedies

 Dairy Free

READY IN



510 min.

SERVINGS



8

CALORIES



1430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 2 pounds beef cubed
- 1 cup canola oil
- 1.5 teaspoons basil dried
- 0.5 teaspoon parsley dried
- 1 teaspoon thyme leaves dried
- 8 bread french
- 1 clove garlic chopped

- 0.3 teaspoon ground pepper black
- 0.5 teaspoon kosher salt
- 1 teaspoon juice of lemon fresh
- 0.5 teaspoon onion powder
- 1.5 teaspoons oregano dried
- 0.3 cup vinegar white

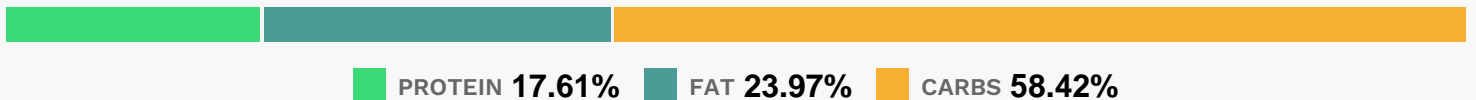
Equipment

- grill
- skewers

Directions

- In a large resealable bag, combine the canola oil, vinegar, lemon juice, garlic, basil, oregano, thyme, parsley, onion powder, bay leaves, salt, and pepper.
- Place the beef cubes into the marinade, seal and shake to mix and coat the beef. Marinate in the refrigerator overnight, or for up to 3 days.
- Preheat an outdoor grill for medium heat. Thread the beef cubes onto 8 skewers, dividing evenly. Discard the marinade.
- Cook the meat on the grill for 15 to 20 minutes, or until cooked to your liking (you can make a test skewer if you want). To serve, place a whole skewer of beef on a slice of French bread. Hold onto the meat using the bread, and pull the skewer out.

Nutrition Facts



Properties

Glycemic Index:24.69, Glycemic Load:160.08, Inflammation Score:-9, Nutrition Score:48.203913101683%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1430.12kcal (71.51%), Fat: 38g (58.46%), Saturated Fat: 11.24g (70.28%), Carbohydrates: 208.36g (69.45%), Net Carbohydrates: 199.23g (72.45%), Sugar: 18.53g (20.59%), Cholesterol: 80.51mg (26.84%), Sodium: 2629.99mg (114.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.81g (125.62%), Vitamin B1: 2.89mg (192.78%), Selenium: 131.55µg (187.94%), Folate: 502.03µg (125.51%), Vitamin B3: 24.11mg (120.56%), Vitamin B2: 1.88mg (110.68%), Manganese: 2.18mg (108.88%), Iron: 18.33mg (101.86%), Phosphorus: 601.99mg (60.2%), Zinc: 8.94mg (59.63%), Vitamin B12: 2.43µg (40.45%), Vitamin B6: 0.81mg (40.39%), Magnesium: 150.42mg (37.6%), Fiber: 9.13g (36.52%), Copper: 0.69mg (34.4%), Calcium: 243.28mg (24.33%), Potassium: 789.55mg (22.56%), Vitamin B5: 1.92mg (19.15%), Vitamin K: 16.72µg (15.93%), Vitamin E: 2.39mg (15.9%)