



Orange-Ginger Beef Kabobs



Gluten Free



Dairy Free

READY IN



500 min.

SERVINGS



2

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 lb beef top sirloin steaks boneless fat removed cut into 1-inch cubes ()
- ☐ 1 clove garlic finely chopped
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 cup orange marmalade
- ☐ 1 tablespoon citrus champagne vinegar

Equipment

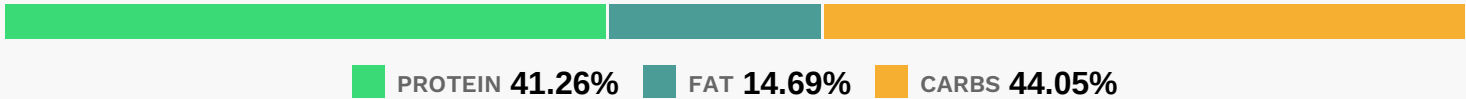
- ☐ bowl
- ☐ oven

- ☐ broiler pan
- ☐ metal skewers

Directions

- ☐ In small glass or plastic bowl, mix all ingredients except beef. Stir in beef. Cover; refrigerate at least 2 hours to marinate but no longer than 8 hours, stirring occasionally.
- ☐ Set oven control to broil.
- ☐ Remove beef from marinade; reserve marinade. On each of 2 (11-inch) metal skewers, thread beef cubes, leaving 1/4 inch space between each cube.
- ☐ Place on rack in broiler pan.
- ☐ Broil with tops about 5 inches from heat 4 minutes. Turn; brush with reserved marinade. Broil 3 to 5 minutes longer or until brown and medium doneness.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:12.197826193727%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 246.91kcal (12.35%), Fat: 4.03g (6.2%), Saturated Fat: 1.49g (9.31%), Carbohydrates: 27.22g (9.07%), Net Carbohydrates: 26.87g (9.77%), Sugar: 24.02g (26.69%), Cholesterol: 66.9mg (22.3%), Sodium: 86.83mg (3.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.49g (50.99%), Selenium: 35.52µg (50.74%), Vitamin B6: 0.74mg (37%), Vitamin B3: 7.39mg (36.96%), Zinc: 4.58mg (30.54%), Phosphorus: 244.18mg (24.42%), Vitamin B12: 1.07µg (17.77%), Potassium: 431.87mg (12.34%), Iron: 1.99mg (11.08%), Vitamin B2: 0.15mg (8.71%), Vitamin B5: 0.76mg (7.58%), Magnesium: 28.09mg (7.02%), Manganese: 0.13mg (6.61%), Copper: 0.13mg (6.49%), Vitamin B1: 0.09mg (6.01%), Folate: 18.42µg (4.6%), Calcium: 43.6mg (4.36%), Vitamin C: 2.43mg (2.94%), Vitamin E: 0.34mg (2.28%), Fiber: 0.35g (1.39%), Vitamin K: 1.27µg (1.21%)