



Pepper Steak Skewers

 **Gluten Free**

READY IN



35 min.

SERVINGS



6

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon canola oil
- 2 pounds flank steak
- 0.5 tablespoon parsley fresh chopped
- 0.5 tablespoon hot sauce
- 1 teaspoon steak seasoning
- 2 tablespoons steak seasoning
- 1 cup pepper jack cheese shredded
- 0.5 cup yogurt plain

- 12 ounce roasted peppers red halved
- 0.5 tablespoon worcestershire sauce

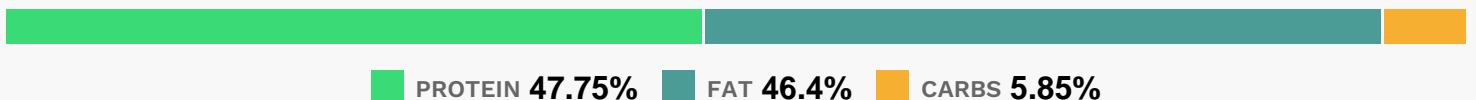
Equipment

- bowl
- plastic wrap
- grill
- skewers

Directions

- Preheat a grill to medium. Butterfly the steak by cutting horizontally through the center until the two halves open flat. Cover with plastic wrap and pound it to about 1/4 inch thick.
- Cut into 3 equal rectangles.
- Lay out each steak rectangle. Season with 1 tablespoon steak seasoning.
- Lay a piece of the roasted red pepper along the bottom edge of each.
- Sprinkle each with 1/3 cup cheese. Starting at the bottom edge, roll each rectangle into a tight log.
- Place the 3 rolls parallel to one another. Pierce the 3 rolls with 6 evenly spaced skewers so each skewer goes through the center of all rolls. Slice the rolls between the skewers to make 6 skewers with 3 pieces on each. Season with the remaining 1 tablespoon steak seasoning.
- Combine the steak seasoning, yogurt, hot sauce, Worcestershire sauce and parsley in a bowl.
- Brush the grill grates with the canola oil. Grill the skewers for 3 minutes on all sides.
- Serve with the sauce. Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.22, Inflammation Score:-6, Nutrition Score:22.006956613582%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

Nutrients (% of daily need)

Calories: 327.12kcal (16.36%), Fat: 16.57g (25.49%), Saturated Fat: 7.41g (46.34%), Carbohydrates: 4.7g (1.57%), Net Carbohydrates: 3.81g (1.39%), Sugar: 1.26g (1.39%), Cholesterol: 110.13mg (36.71%), Sodium: 1026.42mg (44.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.35g (76.71%), Selenium: 48.08µg (68.69%), Vitamin B6: 1.06mg (53.05%), Vitamin B3: 9.83mg (49.13%), Zinc: 6.64mg (44.25%), Phosphorus: 423.79mg (42.38%), Vitamin C: 28.1mg (34.07%), Vitamin B12: 1.61µg (26.8%), Calcium: 238.86mg (23.89%), Vitamin K: 22.92µg (21.83%), Iron: 3.62mg (20.1%), Potassium: 671.4mg (19.18%), Vitamin B2: 0.3mg (17.62%), Magnesium: 51.17mg (12.79%), Manganese: 0.23mg (11.28%), Vitamin B5: 1.1mg (10.96%), Vitamin A: 534.7IU (10.69%), Copper: 0.21mg (10.48%), Vitamin B1: 0.14mg (9.19%), Folate: 36.53µg (9.13%), Vitamin E: 0.94mg (6.23%), Fiber: 0.88g (3.53%)