



## Ranch-Style Steak Kabobs

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



42 min.

SERVINGS



42

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 lb beef sirloin steak boneless cut lengthwise into 1/2-inch-thick slices
- 8 cherry tomatoes
- 4 new potatoes cut in half
- 0.3 cup classic ranch dressing divided kraft

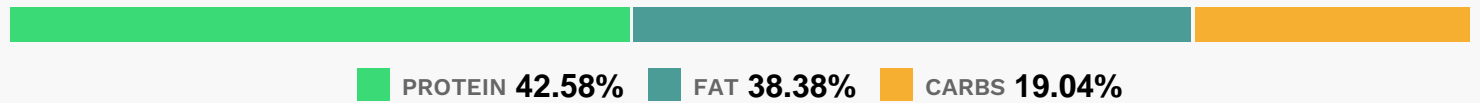
## Equipment

- grill
- skewers

## Directions

- Heat grill to medium-high heat.
- Cook potatoes in boiling water 12 to 14 min. or until tender; drain. Cool slightly.
- Reserve half the dressing. Thread meat, accordion-style, onto 4 skewers, alternating potatoes and tomatoes between folds of meat; brush with remaining dressing.
- Grill 10 to 12 min. or until meat is done, turning occasionally and brushing with the reserved dressing for the last 2 min.

## Nutrition Facts



## Properties

Glycemic Index:1.99, Glycemic Load:0.68, Inflammation Score:-1, Nutrition Score:1.5786956436122%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 24.55kcal (1.23%), Fat: 1.03g (1.58%), Saturated Fat: 0.24g (1.52%), Carbohydrates: 1.15g (0.38%), Net Carbohydrates: 1.01g (0.37%), Sugar: 0.19g (0.21%), Cholesterol: 6.74mg (2.25%), Sodium: 19.6mg (0.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.12%), Selenium: 3.41µg (4.87%), Vitamin B6: 0.09mg (4.33%), Vitamin B3: 0.77mg (3.86%), Zinc: 0.45mg (3.03%), Phosphorus: 29.39mg (2.94%), Vitamin C: 1.79mg (2.17%), Vitamin K: 2.23µg (2.12%), Potassium: 68.98mg (1.97%), Vitamin B12: 0.1µg (1.73%), Iron: 0.24mg (1.34%), Magnesium: 4.07mg (1.02%), Vitamin B5: 0.1mg (1.02%)