



Sensational Sirloin Kabobs



Gluten Free



Dairy Free



Popular

READY IN



510 min.

SERVINGS



8

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds beef sirloin steak cut into 1 1/2 inch cubes
- ☐ 1 pint cherry tomatoes
- ☐ 0.5 pound mushrooms fresh
- ☐ 0.5 teaspoon garlic powder
- ☐ 2 bell peppers green cut into 2 inch pieces
- ☐ 4 fluid ounces lemon-lime carbonated beverage flavored
- ☐ 0.5 teaspoon garlic pepper seasoning
- ☐ 3 tablespoons brown sugar light

- ☐ 1 pineapple fresh cored cubed peeled
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 0.3 cup soya sauce
- ☐ 3 tablespoons distilled vinegar white

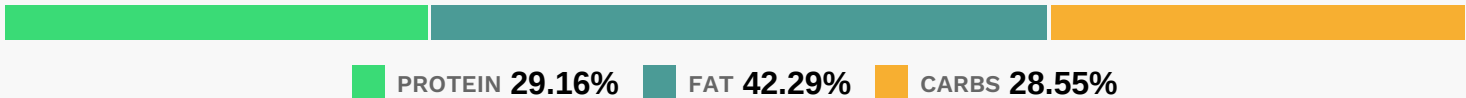
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ In a medium bowl, mix soy sauce, light brown sugar, distilled white vinegar, garlic powder, seasoned salt, garlic pepper seasoning, and lemon–lime flavored carbonated beverage. Reserve about 1/2 cup of this marinade for basting.
- ☐ Place steak in a large resealable plastic bag. Cover with the remaining marinade, and seal. Refrigerate for 8 hours, or overnight.
- ☐ Bring a saucepan of water to a boil.
- ☐ Add green peppers, and cook for 1 minute, just to blanch.
- ☐ Drain, and set aside.
- ☐ Preheat grill for high heat. Thread steak, green peppers, mushrooms, tomatoes, and pineapple onto skewers in an alternating fashion. Discard marinade and the bag.
- ☐ Lightly oil the grill grate. Cook kabobs on the prepared grill for 10 minutes, or to desired doneness. Baste frequently with reserved marinade during the last 5 minutes of cooking.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:8.13, Inflammation Score:-7, Nutrition Score:23.383912972782%

Flavonoids

Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 360.67kcal (18.03%), Fat: 17.17g (26.41%), Saturated Fat: 6.87g (42.93%), Carbohydrates: 26.07g (8.69%), Net Carbohydrates: 23.18g (8.43%), Sugar: 19.89g (22.1%), Cholesterol: 63.5mg (21.17%), Sodium: 624.51mg (27.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.63g (53.25%), Vitamin C: 92.08mg (111.61%), Manganese: 1.24mg (61.78%), Vitamin B12: 3.16µg (52.73%), Vitamin B6: 0.72mg (36.01%), Vitamin B3: 6.46mg (32.3%), Selenium: 21.95µg (31.36%), Zinc: 4.17mg (27.77%), Phosphorus: 264.07mg (26.41%), Vitamin B2: 0.39mg (22.77%), Potassium: 770.41mg (22.01%), Iron: 3.49mg (19.36%), Copper: 0.38mg (19.16%), Vitamin B1: 0.27mg (17.95%), Magnesium: 50.98mg (12.74%), Vitamin B5: 1.16mg (11.59%), Fiber: 2.89g (11.57%), Folate: 44.11µg (11.03%), Vitamin A: 465.6IU (9.31%), Vitamin K: 4.85µg (4.62%), Calcium: 38.47mg (3.85%), Vitamin E: 0.47mg (3.13%)