



 **32%**  
HEALTH SCORE

## Sesame Beef 'n' Veggie Kabobs

 **Gluten Free**  **Dairy Free**

READY IN



**35 min.**

SERVINGS



**8**

CALORIES



**237 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup apple juice unsweetened
- 2 pounds beef top sirloin steaks cut into 1-inch pieces
- 1 tablespoon canola oil
- 32 cherry tomatoes
- 32 medium mushrooms fresh
- 32 medium mushrooms fresh
- 1 garlic clove peeled
- 3 medium bell pepper green divided cut into 1-inch pieces,

- 0.5 teaspoon ground ginger
- 0.5 cup soy sauce reduced-sodium
- 1 medium onion cut into wedges
- 1 tablespoon sesame seed

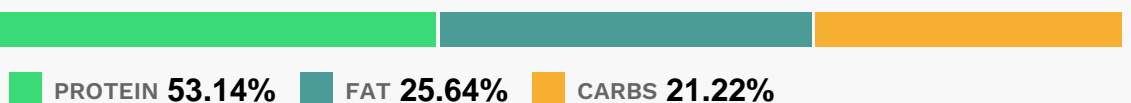
## Equipment

- paper towels
- blender
- grill
- ziploc bags
- tongs
- wooden skewers

## Directions

- In a blender, combine the soy sauce, wine, 1/2 cup green pepper, onion, garlic and ginger; cover and process until smooth. Stir in sesame seeds.
- Cover and refrigerate 1/3 cup mixture for basting.
- Pour remaining mixture into a large resealable plastic bag; add the beef. Seal bag and turn to coat; refrigerate overnight. Refrigerate remaining peppers.
- Drain and discard marinade. On 16 metal or soaked wooden skewers, alternately thread the beef, mushrooms, tomatoes and remaining peppers.
- Brush lightly with oil.
- Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat the grill rack. Grill kabobs, covered, over medium heat or broil 4 in. from the heat for 10–15 minutes or until beef reaches desired doneness, turning occasionally and basting with reserved marinade.

## Nutrition Facts



## Properties

Glycemic Index:25.84, Glycemic Load:1.88, Inflammation Score:-7, Nutrition Score:27.762609144916%

## Flavonoids

Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Luteolin: 2.11mg, Luteolin: 2.11mg, Luteolin: 2.11mg, Luteolin: 2.11mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

## Nutrients (% of daily need)

Calories: 237.19kcal (11.86%), Fat: 6.98g (10.74%), Saturated Fat: 1.81g (11.28%), Carbohydrates: 12.99g (4.33%), Net Carbohydrates: 9.81g (3.57%), Sugar: 7.03g (7.82%), Cholesterol: 66.9mg (22.3%), Sodium: 654.34mg (28.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.55g (65.09%), Selenium: 49.28µg (70.4%), Vitamin C: 55.61mg (67.41%), Vitamin B3: 13.37mg (66.87%), Vitamin B6: 1.07mg (53.62%), Vitamin B2: 0.79mg (46.4%), Phosphorus: 429.13mg (42.91%), Zinc: 5.68mg (37.83%), Copper: 0.68mg (34.12%), Potassium: 1180.92mg (33.74%), Vitamin B5: 3.1mg (31.04%), Iron: 3.59mg (19.94%), Vitamin B12: 1.12µg (18.73%), Manganese: 0.37mg (18.48%), Vitamin B1: 0.27mg (18.31%), Magnesium: 66.25mg (16.56%), Folate: 63.15µg (15.79%), Fiber: 3.18g (12.72%), Vitamin A: 498.15IU (9.96%), Vitamin E: 1.26mg (8.37%), Vitamin K: 7.76µg (7.39%), Calcium: 60.35mg (6.03%), Vitamin D: 0.29µg (1.92%)