



## Shrimp and Beef Skewers with Soy and Scallion Butter

 Gluten Free

READY IN



85 min.

SERVINGS



8

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon pepper black freshly ground
- 8 ounces cremini mushrooms halved ( 12)
- 3 cloves garlic minced
- 4 cloves garlic minced
- 1 teaspoon kosher salt
- 0.3 cup olive oil extra-virgin
- 5 scallions white green finely chopped

- 1 pound shrimp deveined peeled ( 28)
- 1 pound rump steak cut into 28 (1-inch) pieces
- 3 tablespoons soya sauce
- 2 sticks butter unsalted at room temperature
- 6 inch wooden skewers for 30 minutes to prevent scorching
- 6 inch wooden skewers for 30 minutes to prevent scorching

## Equipment

- food processor
- bowl
- baking sheet
- plastic wrap
- grill
- skewers
- grill pan

## Directions

- For the butter: In a food processor, combine the butter, scallions, garlic, and soy sauce. Pulse until smooth.
- Place the mixture on a piece of plastic wrap and form into a log about 1-inch in diameter and 7 inches long.
- Roll the log in the plastic wrap and refrigerate until firm enough to slice, about 30 minutes. Slice into 1/4-inch pieces.
- For the skewers: In a small bowl, mix together the olive oil, garlic, salt, and pepper. Thread 4 pieces of mushroom onto 6 of the skewers. Thread 4 shrimp onto 7 of the skewers. Thread 4 pieces of the steak onto the remaining 7 skewers. Arrange the skewers in a single layer on 2 baking sheets. Spoon the oil mixture over the top and marinate for 15 minutes.
- Place a grill pan over medium-high heat or preheat a gas or charcoal grill. Grill the beef skewers for 3 minutes each side for medium-well.
- Let the meat rest for 5 minutes. Grill the shrimp skewers for 2 minutes each side until opaque and cooked through. Grill the mushroom skewers for 4 minutes each side until tender.

Arrange the skewers on a platter and serve with the sliced butter.

## Nutrition Facts

**PROTEIN 20.97%** **FAT 76.37%** **CARBS 2.66%**

### Properties

Glycemic Index:17.38, Glycemic Load:0.44, Inflammation Score:-5, Nutrition Score:12.988695642223%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

### Nutrients (% of daily need)

Calories: 473.4kcal (23.67%), Fat: 40.68g (62.58%), Saturated Fat: 19.23g (120.2%), Carbohydrates: 3.19g (1.06%), Net Carbohydrates: 2.65g (0.96%), Sugar: 0.82g (0.91%), Cholesterol: 183.77mg (61.26%), Sodium: 772.51mg (33.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.13g (50.27%), Phosphorus: 276.75mg (27.68%), Vitamin B12: 1.65µg (27.54%), Selenium: 17.49µg (24.99%), Vitamin K: 23.37µg (22.26%), Copper: 0.44mg (21.97%), Zinc: 3.05mg (20.33%), Vitamin B3: 3.47mg (17.37%), Vitamin B2: 0.27mg (15.89%), Vitamin A: 782.35IU (15.65%), Vitamin B6: 0.3mg (14.94%), Potassium: 507.68mg (14.51%), Vitamin E: 2mg (13.33%), Iron: 1.95mg (10.82%), Magnesium: 39.59mg (9.9%), Manganese: 0.19mg (9.48%), Vitamin B5: 0.68mg (6.82%), Vitamin B1: 0.1mg (6.58%), Calcium: 64.45mg (6.45%), Folate: 17.47µg (4.37%), Vitamin D: 0.45µg (3.01%), Vitamin C: 2.23mg (2.7%), Fiber: 0.54g (2.15%)