



Sirloin Kebabs with Southeast-Asian-Style Spice Paste

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon coriander seeds
- 2 tablespoons garlic minced
- 2 tablespoons ginger minced peeled
- 3 tablespoons jalapeno fresh minced
- 2 teaspoons kosher salt
- 1 large lemon grass fresh
- 2 tablespoons sesame oil

- 1 large shallots minced
- 1.5 pounds sirloin tip trimmed cut into 1-inch chunks
- 3 tablespoons vegetable oil
- 2 teaspoons pepper white

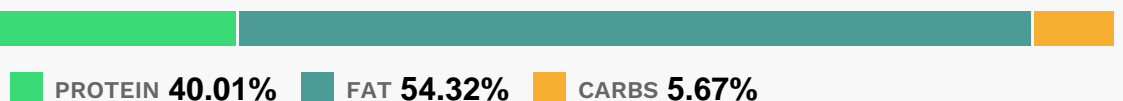
Equipment

- bowl
- grill
- skewers
- mortar and pestle

Directions

- Mince enough lemongrass from lower 4 inches of stalk to measure 2 tablespoons.
- Coarsely grind coriander seeds in grinder or with mortar and pestle, then stir together with lemongrass and remaining ingredients except sirloin in a bowl.
- Prepare grill for direct-heat cooking with medium-hot charcoal.
- Toss sirloin with 1/3 cup spice paste in a large bowl and thread chunks 1/4 inch apart onto skewers.
- Oil grill rack, then grill kebabs, turning occasionally and moving around if flare-ups occur, 5 to 6 minutes for medium-rare.
- Kebabs can be grilled on a gas grill. Preheat all burners on high, covered, 10 minutes. Reduce heat to moderately high and grill kebabs, covered, turning over occasionally, 5 to 6 minutes for medium-rare. •Sirloin, rubbed with spice paste, can marinate, covered and chilled, up to 1 hour before grilling. •Spice paste keeps, covered and chilled, up to 1 week.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:0.84, Inflammation Score:-4, Nutrition Score:24.958695670833%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 387.41kcal (19.37%), Fat: 23.05g (35.47%), Saturated Fat: 4.68g (29.22%), Carbohydrates: 5.42g (1.81%), Net Carbohydrates: 3.96g (1.44%), Sugar: 1.05g (1.17%), Cholesterol: 103.76mg (34.59%), Sodium: 1262.48mg (54.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.21g (76.42%), Vitamin B12: 4.88µg (81.36%), Selenium: 54.32µg (77.6%), Zinc: 9.96mg (66.42%), Vitamin B6: 1.18mg (59.2%), Vitamin B3: 10.05mg (50.25%), Phosphorus: 394.63mg (39.46%), Iron: 4.7mg (26.12%), Potassium: 761.76mg (21.76%), Vitamin B2: 0.37mg (21.66%), Vitamin K: 22.25µg (21.19%), Vitamin C: 15.77mg (19.12%), Vitamin B5: 1.48mg (14.8%), Magnesium: 53.83mg (13.46%), Manganese: 0.26mg (12.89%), Copper: 0.22mg (11.14%), Vitamin E: 1.64mg (10.93%), Vitamin B1: 0.16mg (10.48%), Fiber: 1.45g (5.82%), Folate: 18.61µg (4.65%), Calcium: 33.01mg (3.3%), Vitamin A: 121.96IU (2.44%)