



Sirloin-Vegetable Kebabs with Balsamic Glaze

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup balsamic vinegar
- 2 pounds sirloin beef tips cut into 16 pieces (1 1/2 inches)
- 24 cherry tomatoes
- 2 tablespoons thyme sprigs fresh chopped
- 0.3 cup olive oil
- 8 servings salt and pepper
- 2 tablespoons soya sauce
- 1 teaspoon sugar

- 2 to 3 sized squashes yellow trimmed cut into 8 pieces (1 1/2 inches)
- 2 zucchini trimmed cut into 8 pieces (1 1/2 inches)

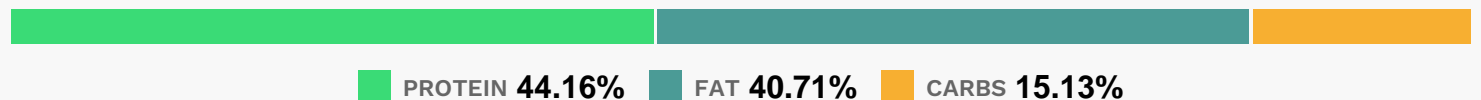
Equipment

- baking sheet
- sauce pan
- grill
- skewers
- metal skewers

Directions

- Combine vinegar, soy sauce, olive oil, sugar and thyme in a small saucepan; season with salt and pepper. Bring to a boil over medium-high heat. Cook, stirring often, until reduced and slightly thickened, 7 to 10 minutes.
- Make kebabs: Leaving some space between items and alternating, thread steak, tomatoes, zucchini and squash on 8 large or 16 small metal skewers.
- Place skewers on a large, rimmed baking sheet and season generously on all sides with salt and pepper.
- Brush liberally with glaze. (Discard any leftover glaze.) Cover skewers and refrigerate for up to 8 hours or overnight.
- Bring kebabs to room temperature. Preheat gas grill on high heat for 10 to 15 minutes with lid closed. Oil grill.
- Place kebabs on grill, reduce heat to medium-high and close lid. Grill for 5 minutes, then turn kebabs and grill for another 5 minutes with lid closed. Open lid and check that vegetables are slightly charred and meat is medium-rare. If kebabs are not done, close lid and continue cooking until meat is cooked through.
- Transfer to a platter to serve.

Nutrition Facts



Properties

Glycemic Index:28.39, Glycemic Load:2.33, Inflammation Score:-9, Nutrition Score:18.968260785808%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 243.78kcal (12.19%), Fat: 10.89g (16.75%), Saturated Fat: 2.31g (14.45%), Carbohydrates: 9.1g (3.03%), Net Carbohydrates: 7.43g (2.7%), Sugar: 6.53g (7.26%), Cholesterol: 62.37mg (20.79%), Sodium: 525.4mg (22.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.56g (53.13%), Vitamin B6: 0.95mg (47.71%), Selenium: 33.15µg (47.36%), Vitamin B3: 8.15mg (40.76%), Vitamin C: 31.53mg (38.22%), Zinc: 5.12mg (34.12%), Phosphorus: 292.45mg (29.25%), Vitamin B12: 1.42µg (23.62%), Potassium: 787.77mg (22.51%), Iron: 3.29mg (18.25%), Vitamin B2: 0.3mg (17.43%), Manganese: 0.31mg (15.74%), Magnesium: 54.34mg (13.58%), Folate: 47.81µg (11.95%), Vitamin E: 1.68mg (11.21%), Vitamin B1: 0.17mg (11.15%), Copper: 0.22mg (10.97%), Vitamin A: 528.53IU (10.57%), Vitamin K: 10.32µg (9.82%), Vitamin B5: 0.98mg (9.78%), Fiber: 1.67g (6.67%), Calcium: 55.96mg (5.6%)