



Sizzling Vegetable & Beef Kabob

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



55

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 asparagus spears cut into 2-inch lengths
- 1 lb beef sirloin steak boneless cut into 1-inch cubes
- 6 button mushrooms cut in half
- 12 cherry tomatoes
- 0.5 cup greek vinaigrette dressing divided kraft

Equipment

- grill
- skewers

Directions

- Pour 1/4 cup dressing over meat in shallow glass dish. Refrigerate 30 min. to marinate, turning after 15 min.
- Remove meat from marinade; discard marinade.
- Heat grill to medium heat. Thread meat onto 12 skewers alternately with tomatoes, mushrooms and asparagus.
- Grill 15 min. or until meat is done and vegetables are crisp-tender, turning and brushing occasionally with remaining dressing.

Nutrition Facts

 **PROTEIN 35.49%**  **FAT 57.97%**  **CARBS 6.54%**

Properties

Glycemic Index:1.16, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.3904347924273%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 22.29kcal (1.11%), Fat: 1.44g (2.22%), Saturated Fat: 0.32g (1.98%), Carbohydrates: 0.37g (0.12%), Net Carbohydrates: 0.27g (0.1%), Sugar: 0.24g (0.26%), Cholesterol: 4.87mg (1.62%), Sodium: 5.2mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.98%), Selenium: 2.85µg (4.07%), Vitamin B3: 0.65mg (3.27%), Vitamin K: 3.41µg (3.25%), Vitamin B6: 0.06mg (2.96%), Zinc: 0.36mg (2.39%), Phosphorus: 21.53mg (2.15%), Potassium: 49.35mg (1.41%), Vitamin B2: 0.02mg (1.34%), Vitamin B12: 0.08µg (1.31%), Vitamin C: 1.02mg (1.24%), Iron: 0.22mg (1.22%), Vitamin E: 0.18mg (1.17%), Copper: 0.02mg (1.02%)