



Skewered Morsels



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds sirloin steak cut into 1 1/2-inch cubes
- ☐ 3 tablespoons brown sugar packed
- ☐ 1 pt cherry tomatoes
- ☐ 0.5 teaspoon garlic powder
- ☐ 2 bell pepper diced green
- ☐ 0.5 cup lemon lime soda
- ☐ 0.5 teaspoon lemon pepper
- ☐ 8 ozs mushrooms

- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 0.3 cup soya sauce
- ☐ 3 tablespoons vinegar white
- ☐ 2 bell pepper diced yellow

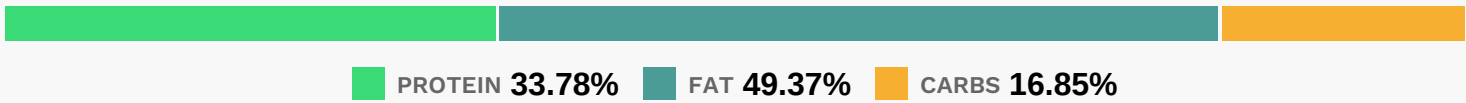
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ Combine soy sauce, brown sugar, vinegar, garlic powder, seasoned salt, garlic-pepper seasoning and soda in a medium bowl; mix well and set aside. Arrange steak in a large plastic zipping bag. Reserve 1/2 cup coy sauce mixture for basting; pour remaining in bag and seal. Refrigerate 8 hours or overnight.
- ☐ Thread steak, peppers, mushrooms and tomatoes alternately onto skewers. Lightly grease cold grill rack. Grill kabobs over high heat (400 to 50
- ☐ for 10 minutes, or to desired doneness. Baste frequently with reserved marinade during the last 5 minutes of cooking.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.49, Inflammation Score:-7, Nutrition Score:24.725217197252%

Flavonoids

Luteolin: 2.28mg, Luteolin: 2.28mg, Luteolin: 2.28mg, Luteolin: 2.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 416.16kcal (20.81%), Fat: 22.79g (35.06%), Saturated Fat: 9.16g (57.23%), Carbohydrates: 17.51g (5.84%), Net Carbohydrates: 15.4g (5.6%), Sugar: 11.66g (12.96%), Cholesterol: 84.67mg (28.22%), Sodium: 831.95mg (36.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.08g (70.17%), Vitamin C: 123.46mg (149.65%), Vitamin B12: 4.22µg (70.31%), Vitamin B6: 0.86mg (42.9%), Selenium: 29.23µg (41.76%), Vitamin B3: 8.21mg (41.06%), Zinc: 5.44mg (36.28%), Phosphorus: 349.55mg (34.96%), Vitamin B2: 0.48mg (28.11%), Potassium: 946.9mg (27.05%), Iron: 4.39mg (24.4%), Copper: 0.39mg (19.37%), Vitamin B1: 0.25mg (16.73%), Manganese: 0.3mg (14.79%), Magnesium: 54.63mg (13.66%), Vitamin B5: 1.29mg (12.91%), Vitamin A: 612.65IU (12.25%), Folate: 41.98µg (10.49%), Fiber: 2.1g (8.41%), Vitamin K: 5.42µg (5.16%), Vitamin E: 0.6mg (3.97%), Calcium: 36.05mg (3.61%)