



Skewered Steak Dinner



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds sirloin beef tips boneless cut into 1/4-inch slices
- ☐ 0.5 cup salad dressing italian
- ☐ 0.5 pound baby potatoes
- ☐ 1 medium onion cut into 6 wedges
- ☐ 6 small mushrooms whole
- ☐ 6 bell pepper red mini
- ☐ 6 baby vegetables mini

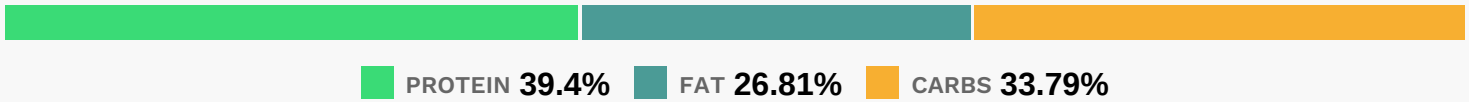
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ metal skewers

Directions

- ☐ Mix beef and dressing in shallow glass or plastic dish. Cover and refrigerate, stirring occasionally, at least 30 minutes but no longer than 24 hours.
- ☐ Heat 1 inch water to boiling in 1 1/2-quart saucepan.
- ☐ Add potatoes. Boil about 15 minutes or until almost tender; drain. Cool slightly.
- ☐ Heat coals or gas grill.
- ☐ Remove beef from marinade; reserve marinade. Thread beef, potatoes, onion, mushrooms, bell peppers and squash alternately on each of twelve 7-inch metal skewers, leaving space between each piece.
- ☐ Brush kabobs
- ☐ generously with marinade.
- ☐ Cover and grill kabobs 4 to 6 inches from medium heat 12 to 15 minutes for medium beef doneness, turning frequently and brushing with marinade. Discard any remaining marinade.

Nutrition Facts



Properties

Glycemic Index:29.13, Glycemic Load:6.78, Inflammation Score:-10, Nutrition Score:32.021738959395%

Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 285.52kcal (14.28%), Fat: 8.71g (13.41%), Saturated Fat: 2.04g (12.76%), Carbohydrates: 24.72g (8.24%), Net Carbohydrates: 18.93g (6.88%), Sugar: 12.45g (13.83%), Cholesterol: 62.37mg (20.79%), Sodium: 270.19mg (11.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.82g (57.63%), Vitamin C: 192.01mg (232.74%),

Vitamin A: 4102.96IU (82.06%), Vitamin B6: 1.4mg (70.01%), Vitamin B3: 10.2mg (51.01%), Selenium: 34.64µg (49.49%), Zinc: 5.68mg (37.87%), Phosphorus: 360.74mg (36.07%), Potassium: 1176.79mg (33.62%), Folate: 130.58µg (32.64%), Manganese: 0.51mg (25.36%), Vitamin B12: 1.42µg (23.69%), Vitamin K: 24.45µg (23.28%), Fiber: 5.78g (23.13%), Magnesium: 91.87mg (22.97%), Vitamin B1: 0.33mg (22.25%), Vitamin B2: 0.36mg (21.39%), Iron: 3.64mg (20.25%), Copper: 0.39mg (19.36%), Vitamin E: 2.84mg (18.96%), Vitamin B5: 1.55mg (15.47%), Calcium: 74.91mg (7.49%)