



Skewered Surf & Turf with Grilled Vegetables

 **Gluten Free**  **Dairy Free**

READY IN



37 min.

SERVINGS



10

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 lb beef sirloin steak boneless cut into 1-1/4-inch pieces
- 4 large cloves garlic
- 3 small bell peppers green
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 0.3 juice of lime
- 0.3 cup real mayo mayonnaise kraft
- 1 large onion quartered
- 3 jalapeño peppers stemmed

- 1.3 lb shrimp deveined uncooked peeled
- 2 large zucchini trimmed

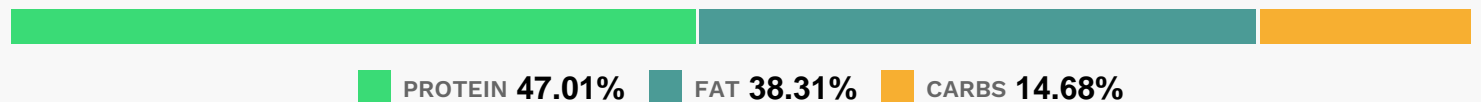
Equipment

- blender
- grill
- skewers

Directions

- Heat grill to medium heat.
- Blend first 5 ingredients in blender until smooth. Reserve half the dressing mixture to serve with the grilled shrimp and meat.
- Grill vegetables 10 min. or until crisp-tender, turning and brushing occasionally with some of the remaining dressing mixture. Meanwhile, thread steak onto 5 skewers and thread shrimp onto 5 separate skewers.
- Add to grill along with vegetables. Grill 5 to 7 min. or until shrimp turn pink and steak is done, turning and brushing occasionally with remaining dressing mixture.
- Remove vegetables from grill; cut off stems and remove seeds from peppers. Chop all vegetables into 1-inch pieces.
- Place on serving platter. Top with shrimp and steak skewers.
- Drizzle with reserved dressing mixture.

Nutrition Facts



Properties

Glycemic Index:14.2, Glycemic Load:0.81, Inflammation Score:-6, Nutrition Score:15.852174005107%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Luteolin: 2.73mg, Luteolin: 2.73mg, Luteolin: 2.73mg, Luteolin: 2.73mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg

Nutrients (% of daily need)

Calories: 217.02kcal (10.85%), Fat: 9.29g (14.29%), Saturated Fat: 1.9g (11.85%), Carbohydrates: 8.01g (2.67%), Net Carbohydrates: 6.1g (2.22%), Sugar: 4.97g (5.52%), Cholesterol: 127.09mg (42.36%), Sodium: 259.18mg (11.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.65g (51.3%), Vitamin C: 59.87mg (72.57%), Vitamin B6: 0.63mg (31.61%), Phosphorus: 286.33mg (28.63%), Selenium: 18.2µg (26%), Zinc: 3.37mg (22.44%), Vitamin K: 23.48µg (22.36%), Vitamin B3: 4.28mg (21.4%), Potassium: 660.61mg (18.87%), Copper: 0.35mg (17.54%), Magnesium: 52.81mg (13.2%), Manganese: 0.25mg (12.68%), Iron: 1.74mg (9.66%), Vitamin B12: 0.54µg (8.99%), Vitamin B2: 0.15mg (8.91%), Folate: 31.91µg (7.98%), Vitamin B1: 0.12mg (7.8%), Fiber: 1.91g (7.65%), Calcium: 72.59mg (7.26%), Vitamin A: 352.08IU (7.04%), Vitamin E: 0.9mg (5.98%), Vitamin B5: 0.6mg (5.96%)