



Smoky Steak Barbecue Kabobs



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



165 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings barbecue sauce white
- ☐ 1 pt cherry tomatoes
- ☐ 0.5 large onion red separated cut into fourths and into pieces
- ☐ 8 servings smoky barbecue rub
- ☐ 2 pounds beef top sirloin steaks trimmed
- ☐ 8 inch metal skewers
- ☐ 8 inch metal skewers

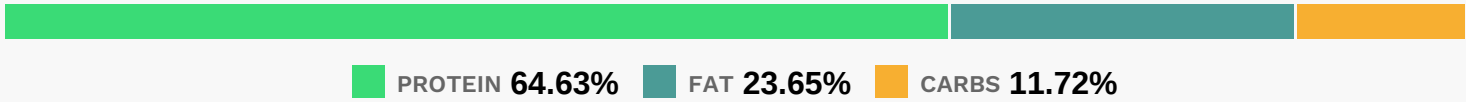
Equipment

- ☐ grill
- ☐ skewers

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Cut steak into 1-inch cubes. Thread steak, onion, and tomatoes alternately onto skewers, leaving a 1/4-inch space between pieces.
- ☐ Sprinkle kabobs with Smoky Barbecue Rub.
- ☐ Grill kabobs, covered with grill lid, 4 to 5 minutes on each side.
- ☐ Serve with White Barbecue Sauce.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.14, Inflammation Score:-5, Nutrition Score:15.276956413103%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 165.27kcal (8.26%), Fat: 4.24g (6.53%), Saturated Fat: 1.56g (9.75%), Carbohydrates: 4.73g (1.58%), Net Carbohydrates: 3.97g (1.44%), Sugar: 2.16g (2.4%), Cholesterol: 66.9mg (22.3%), Sodium: 81.12mg (3.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.09g (52.18%), Selenium: 35.41µg (50.59%), Vitamin B6: 0.79mg (39.71%), Vitamin B3: 7.72mg (38.62%), Zinc: 4.69mg (31.3%), Phosphorus: 261.44mg (26.14%), Vitamin K: 19.06µg (18.15%), Vitamin B12: 1.07µg (17.77%), Vitamin C: 14.24mg (17.26%), Iron: 2.95mg (16.42%), Potassium: 559.81mg (15.99%), Manganese: 0.22mg (11.09%), Magnesium: 36.7mg (9.18%), Vitamin B2: 0.16mg (9.14%), Vitamin B5: 0.83mg (8.28%), Vitamin B1: 0.12mg (7.67%), Copper: 0.15mg (7.6%), Vitamin A: 344.25IU (6.88%), Folate: 26.52µg (6.63%), Calcium: 53.28mg (5.33%), Vitamin E: 0.68mg (4.56%), Fiber: 0.77g (3.06%)