



Spicy Beef Kebabs

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

READY IN



152 min.

SERVINGS



4

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds sirloin beef tips boneless
- 0.5 teaspoon pepper black freshly ground
- 3 cloves garlic minced
- 1 teaspoon ground cumin
- 0.5 teaspoon turmeric
- 1 teaspoon kosher salt
- 0.5 cup olive oil
- 0.3 cup red wine vinegar

- 2 teaspoons paprika smoked

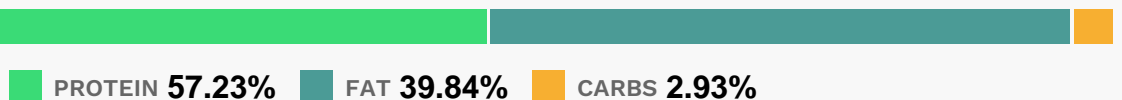
Equipment

- food processor
- bowl
- mixing bowl
- grill
- aluminum foil
- ziploc bags
- skewers

Directions

- Cut the beef into 1 1/2 to 1 3/4-inch cubes and place into a large mixing bowl. Set aside.
- In the bowl of a food processor combine the garlic, paprika, turmeric, cumin, salt, pepper and red wine vinegar. With the processor running drizzle in the olive oil.
- Pour the marinade over the meat and toss to coat.
- Place in the refrigerator in an airtight container or a sealable plastic bag and allow to marinate for 2 to 4 hours.
- Preheat the grill to medium-high heat. Thread the meat onto the skewers leaving about 1/2-inch in between the pieces of meat.
- Place on the grill and cook, with lid lowered, 2 to 3 minutes per side, 8 to 12 minutes in all (8 minutes for rare and 12 for medium).
- Remove from the heat to aluminum foil, wrap and allow to rest for 2 to 3 minutes prior to serving.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:0.28, Inflammation Score:-9, Nutrition Score:19.343913042027%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 268.6kcal (13.43%), Fat: 11.38g (17.51%), Saturated Fat: 2.74g (17.12%), Carbohydrates: 1.88g (0.63%), Net Carbohydrates: 1.32g (0.48%), Sugar: 0.15g (0.16%), Cholesterol: 93.55mg (31.18%), Sodium: 683.78mg (29.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.79g (73.59%), Selenium: 49.42µg (70.6%), Vitamin B6: 1.12mg (56.25%), Vitamin B3: 10.97mg (54.86%), Zinc: 7.14mg (47.6%), Phosphorus: 357.03mg (35.7%), Vitamin B12: 2.13µg (35.44%), Iron: 3.86mg (21.45%), Potassium: 631.57mg (18.04%), Vitamin B2: 0.25mg (14.63%), Magnesium: 45.02mg (11.25%), Vitamin B5: 1.11mg (11.1%), Vitamin B1: 0.16mg (10.75%), Vitamin E: 1.56mg (10.38%), Vitamin A: 500.46IU (10.01%), Copper: 0.19mg (9.52%), Manganese: 0.15mg (7.72%), Vitamin K: 6.43µg (6.13%), Folate: 21.16µg (5.29%), Calcium: 48.21mg (4.82%), Fiber: 0.56g (2.26%), Vitamin C: 0.91mg (1.11%)