



Steak Skewers with Marinade

 Gluten Free

READY IN



61 min.

SERVINGS



4

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 1 pinch cayenne pepper for garnish
- ☐ 1.5 teaspoons garlic dried
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 0.5 cup herb and garlic marinade dressing
- ☐ 4 servings green onions thinly sliced for garnish
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 medium onion finely chopped

- ☐ 0.3 cup ouzo
- ☐ 4 servings salt and pepper
- ☐ 1 pound beef top sirloin steaks cut into 1-inch cubes

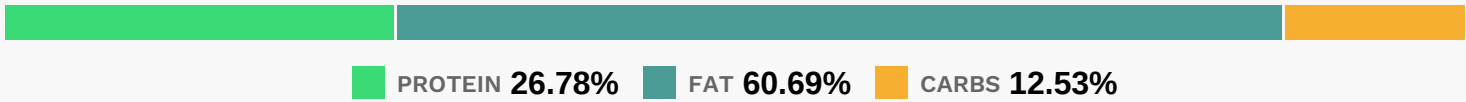
Equipment

- ☐ bowl
- ☐ grill
- ☐ broiler
- ☐ skewers
- ☐ grill pan
- ☐ wooden skewers

Directions

- ☐ Heat a grill, grill pan, or broiler.
- ☐ Combine all ingredients except steak in a large bowl. Season steak with salt and pepper and then add to marinade. Marinate for 40 minutes. Thread steak onto skewers* and then grill or broil, turning occasionally, until cooked to desired degree of doneness.
- ☐ Transfer to a serving plate and sprinkle with green onions and cayenne pepper, if desired.
- ☐ *Cook's Note: If using wooden skewers, soak them in water for at least 10 minutes before threading meat.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:0.7, Inflammation Score:-5, Nutrition Score:14.680434890415%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg

Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg

Nutrients (% of daily need)

Calories: 438.41kcal (21.92%), Fat: 27.43g (42.19%), Saturated Fat: 8.9g (55.62%), Carbohydrates: 12.74g (4.25%), Net Carbohydrates: 11.71g (4.26%), Sugar: 7.16g (7.95%), Cholesterol: 97.61mg (32.54%), Sodium: 416.83mg (18.12%), Alcohol: 5.01g (100%), Alcohol %: 2.95% (100%), Protein: 27.23g (54.46%), Selenium: 35.44µg (50.63%), Vitamin B6: 0.78mg (38.77%), Vitamin B3: 7.48mg (37.41%), Zinc: 4.69mg (31.27%), Phosphorus: 257.77mg (25.78%), Vitamin K: 21.93µg (20.88%), Vitamin B12: 1.07µg (17.77%), Vitamin E: 2.32mg (15.43%), Potassium: 505.26mg (14.44%), Iron: 2.35mg (13.08%), Vitamin B2: 0.16mg (9.45%), Magnesium: 34.48mg (8.62%), Vitamin B5: 0.81mg (8.09%), Vitamin B1: 0.11mg (7.33%), Folate: 28.7µg (7.17%), Copper: 0.13mg (6.38%), Manganese: 0.12mg (6.01%), Vitamin C: 4.39mg (5.32%), Calcium: 50.87mg (5.09%), Vitamin A: 230.07IU (4.6%), Fiber: 1.03g (4.13%)