



Steak, Tomato, and Okra Kebabs



Gluten Free



Dairy Free

READY IN



4500 min.

SERVINGS



6

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound tomatoes (2 inches wide)
- ☐ 2 teaspoons dijon mustard
- ☐ 0.8 pound okra trimmed
- ☐ 0.5 cup olive oil extra virgin extra-virgin divided
- ☐ 3 tablespoons red-wine vinegar
- ☐ 3 tablespoons shallots finely chopped
- ☐ 2 pounds fat-trimmed beef flank steak boneless trimmed cut into 2-inch pieces () (sometimes called chicken steaks)
- ☐ 0.5 teaspoon sugar

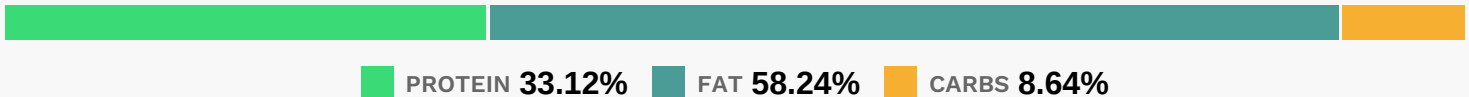
Equipment

- ☐ whisk
- ☐ grill
- ☐ skewers
- ☐ grill pan

Directions

- ☐ Whisk together shallot, vinegar, mustard, sugar, 1 tsp salt, and 3/4 tsp pepper.
- ☐ Add 1/2 cup oil in a slow stream, whisking until emulsified.
- ☐ Toss steak with 1/2 tsp salt, then marinate in a sealed bag with 6 Tbsp vinaigrette, chilled, turning bag occasionally, at least 2 hours. Chill remaining vinaigrette.
- ☐ Prepare grill for direct-heat cooking over medium-hot charcoal (medium-high heat for gas).
- ☐ Meanwhile, toss tomatoes and okra with remaining 3 Tbsp oil and 1/4 tsp salt. Thread tomatoes onto 3 or 4 skewers. Thread okra crosswise onto pairs of parallel skewers, leaving small spaces between pieces. Put on a tray.
- ☐ Thread steak onto remaining skewers, leaving small spaces between pieces (discard marinade). Put on another tray.
- ☐ Oil grill rack, then grill steak skewers, covered only if using a gas grill, turning once, about 5 minutes total for medium-rare (about 8 minutes if using steak tips).
- ☐ Transfer to a platter.
- ☐ Drizzle with some of remaining vinaigrette while hot and let stand 5 minutes.
- ☐ Grill tomato and okra skewers, covered only if using a gas grill, turning occasionally, until tomatoes just begin to wilt and okra is tender, 8 to 10 minutes total.
- ☐ Transfer to platter with steak and serve with any remaining reserved vinaigrette.
- ☐ ·Steak can be marinated up to 24 hours.·Steak and vegetable skewers can be grilled in a hot oiled large (2-burner) ridged grill pan.

Nutrition Facts



Properties

Glycemic Index:33.68, Glycemic Load:1.99, Inflammation Score:-8, Nutrition Score:22.673478188722%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 12.33mg, Quercetin: 12.33mg, Quercetin: 12.33mg, Quercetin: 12.33mg

Nutrients (% of daily need)

Calories: 385.96kcal (19.3%), Fat: 25.3g (38.92%), Saturated Fat: 10.05g (62.8%), Carbohydrates: 8.45g (2.82%), Net Carbohydrates: 5.49g (2%), Sugar: 3.58g (3.97%), Cholesterol: 92.23mg (30.74%), Sodium: 105.98mg (4.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.38g (64.76%), Zinc: 8.25mg (54.98%), Selenium: 37.92µg (54.17%), Vitamin B3: 8.44mg (42.19%), Vitamin B12: 2.51µg (41.83%), Vitamin B6: 0.8mg (40.2%), Vitamin C: 23.84mg (28.9%), Manganese: 0.56mg (27.9%), Phosphorus: 275.85mg (27.59%), Vitamin K: 28.22µg (26.88%), Vitamin B2: 0.41mg (24.23%), Potassium: 776.08mg (22.17%), Vitamin A: 1059.77IU (21.2%), Vitamin B1: 0.28mg (18.7%), Magnesium: 74.54mg (18.63%), Iron: 3.3mg (18.32%), Folate: 51.71µg (12.93%), Fiber: 2.95g (11.81%), Copper: 0.23mg (11.54%), Vitamin E: 1.09mg (7.25%), Calcium: 68.03mg (6.8%), Vitamin B5: 0.23mg (2.26%), Vitamin D: 0.15µg (1.01%)