



## Summer Mixed Vegetable and Beef Kabobs

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

READY IN



40 min.

SERVINGS



40

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup classico basil pesto sauce and spread traditional
- 1 lb beef sirloin steak boneless cut into bite-size pieces
- 0.3 cup a.1. original sauce
- 2 Tbsp juice of lemon
- 1 large bell pepper red cut into 8 pieces
- 1 medium onion red cut into 8 wedges
- 1 small baby squash yellow
- 1 small zucchini

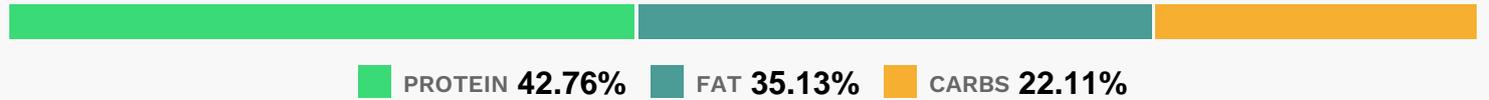
# Equipment

- grill
- skewers
- wooden skewers

# Directions

- Soak eight 12-inch wooden skewers in water 30 min. Meanwhile, mix steak sauce, pesto and lemon juice until well blended; set aside.
- Preheat grill to medium heat. Thread steak and vegetables alternately onto skewers.
- Remove 1/4 cup of the steak sauce mixture; brush evenly onto kabobs.
- Grill 8 to 10 min. or until steak is cooked through and vegetables are crisp-tender, turning and brushing frequently with the remaining steak sauce mixture.

# Nutrition Facts



# Properties

Glycemic Index:2.65, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:2.0526087206343%

# Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

# Nutrients (% of daily need)

Calories: 26.11kcal (1.31%), Fat: 1.01g (1.55%), Saturated Fat: 0.26g (1.59%), Carbohydrates: 1.43g (0.48%), Net Carbohydrates: 1.21g (0.44%), Sugar: 0.95g (1.06%), Cholesterol: 6.81mg (2.27%), Sodium: 45.08mg (1.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Vitamin C: 6.77mg (8.21%), Selenium: 3.52µg (5.03%), Vitamin B6: 0.1mg (4.9%), Vitamin B3: 0.81mg (4.03%), Vitamin A: 171.52IU (3.43%), Zinc: 0.49mg (3.25%), Phosphorus: 28.09mg (2.81%), Potassium: 69.35mg (1.98%), Vitamin B12: 0.11µg (1.78%), Vitamin B2: 0.02mg (1.47%), Folate: 5.6µg (1.4%), Iron: 0.24mg (1.32%), Magnesium: 4.45mg (1.11%), Vitamin B5: 0.1mg (1.02%)