



Sweet Teriyaki Beef Skewers



Gluten Free



Dairy Free

READY IN



21 min.

SERVINGS



24

CALORIES



185 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 servings bamboo skewers
- ☐ 3 large garlic cloves chopped
- ☐ 1.5 cups brown sugar light
- ☐ 4 pounds round steak boneless cut into 1/4-inch slices
- ☐ 1 cup soya sauce
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup water

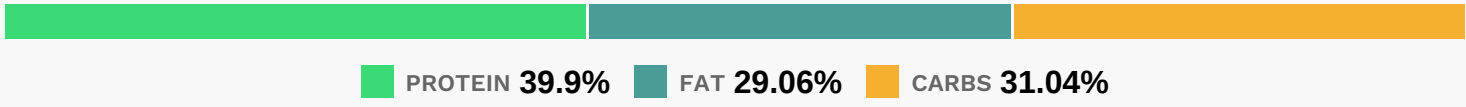
Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap
- ☐ grill
- ☐ skewers

Directions

- ☐ Whisk brown sugar, soy sauce, pineapple juice, water, vegetable oil, and garlic together in a large bowl; drop beef slices into the mixture and stir to coat. Cover bowl with plastic wrap.
- ☐ Marinate beef in refrigerator for 24 hours.
- ☐ Remove beef from the marinade, shaking to remove any excess liquid. Discard marinade.
- ☐ Thread beef slices in a zig-zag onto the skewers.
- ☐ Preheat grill for medium heat and lightly oil the grate.
- ☐ Cook skewers on preheated grill until the beef is cooked through, about 3 minutes per side.

Nutrition Facts



Properties

Glycemic Index:3.21, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:9.482608590437%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 184.71kcal (9.24%), Fat: 5.9g (9.08%), Saturated Fat: 1.59g (9.91%), Carbohydrates: 14.18g (4.73%), Net Carbohydrates: 14.08g (5.12%), Sugar: 13.52g (15.03%), Cholesterol: 47.63mg (15.88%), Sodium: 587.3mg (25.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.23g (36.45%), Selenium: 21.92µg (31.32%), Vitamin B3: 5.62mg (28.09%), Vitamin B6: 0.53mg (26.72%), Vitamin B12: 1.43µg (23.81%), Zinc: 3.3mg (22%), Phosphorus: 181.77mg (18.18%), Iron: 1.94mg (10.78%), Potassium: 307.19mg (8.78%), Vitamin B2: 0.14mg (8.15%), Magnesium: 24.19mg (6.05%), Vitamin B5: 0.57mg (5.68%), Vitamin B1: 0.08mg (5.24%), Copper: 0.1mg (4.95%), Vitamin K: 5.09µg (4.85%), Manganese: 0.08mg (3.77%), Folate: 11.75µg (2.94%), Calcium: 29.37mg (2.94%), Vitamin E: 0.42mg (2.79%)