



Teriyaki Beef Kabobs



Gluten Free



Dairy Free

READY IN



140 min.

SERVINGS



4

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound beef top sirloin boneless cut into bite sized cubes
- ☐ 2 teaspoons sesame oil dark
- ☐ 2 large garlic cloves crushed
- ☐ 1 bell pepper green cut into large chunks
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 cup brown sugar light packed
- ☐ 19 ounce pineapple chunks drained canned
- ☐ 1 bell pepper red cut into large chunks

☐ 3 tablespoons soya sauce

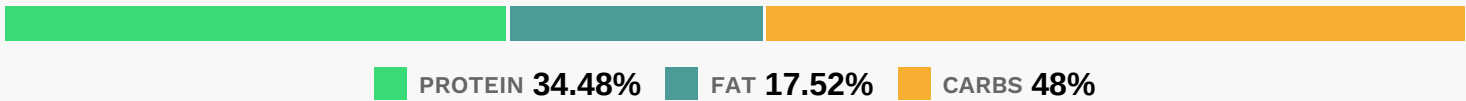
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ Whisk brown sugar, soy sauce, garlic, sesame oil, and ground ginger together in a bowl; pour into a gallon-sized sealable plastic bag.
- ☐ Add beef, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 2 hours, flipping the bag several times as the meat marinates.
- ☐ Preheat an outdoor grill for high heat, and lightly oil the grate.
- ☐ Remove beef from the marinade. Discard the remaining marinade.
- ☐ Thread beef, pineapple, green bell pepper, and red bell pepper onto skewers.
- ☐ Cook the skewers on the preheated grill, turning frequently until nicely browned on all sides, and the meat is no longer pink in the center, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:0.7, Inflammation Score:-8, Nutrition Score:21.736521513566%

Flavonoids

Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 319.6kcal (15.98%), Fat: 6.33g (9.74%), Saturated Fat: 1.82g (11.38%), Carbohydrates: 39.04g (13.01%), Net Carbohydrates: 35.99g (13.09%), Sugar: 34.76g (38.62%), Cholesterol: 66.9mg (22.3%), Sodium: 825.21mg (35.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.04g (56.09%), Vitamin C: 75.13mg (91.06%), Selenium: 36.12µg (51.6%), Vitamin B6: 1.02mg (50.96%), Vitamin B3: 8.74mg (43.68%), Zinc: 4.87mg (32.48%), Phosphorus: 283.2mg (28.32%), Vitamin A: 1109.09IU (22.18%), Potassium: 742.87mg (21.22%), Vitamin B1: 0.27mg (17.77%), Vitamin B12: 1.07µg (17.77%), Iron: 2.93mg (16.25%), Magnesium: 60.37mg (15.09%), Copper: 0.29mg (14.32%), Manganese: 0.27mg (13.33%), Vitamin B2: 0.22mg (12.97%), Fiber: 3.06g (12.22%), Folate: 40.78µg (10.19%), Vitamin B5: 0.94mg (9.44%), Calcium: 68.66mg (6.87%), Vitamin E: 0.95mg (6.36%), Vitamin K: 6.15µg (5.86%)