



Teriyaki Rosemary Beef Kabobs

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings bamboo skewers
- 2 pounds beef top sirloin steak boneless
- 2 tablespoons rosemary leaves fresh chopped
- 2 tablespoons mustard dijon-style
- 1 bell pepper red cut into 1-inch squares
- 0.5 onion red
- 0.5 cup kikkoman teriyaki marinade & sauce
- 1 zucchini cut into 1/2-inch-thick rounds

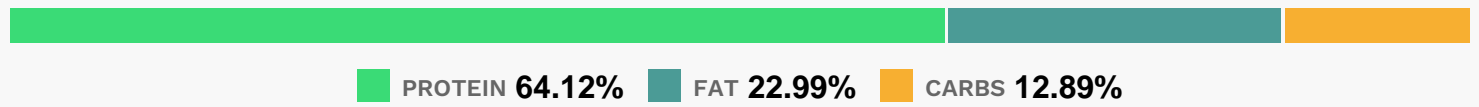
Equipment

- grill
- skewers

Directions

- Cut beef into 1-inch cubes.
- Combine teriyaki sauce, mustard and rosemary; pour over beef and vegetables in large plastic food storage bag. Press air out of bag; close top securely. Turn bag over several times to coat all pieces. Refrigerate 2 hours, turning bag over occasionally.
- Skewer beef and vegetables alternately onto bamboo skewers.
- Grill 5 inches from hot coals 5 minutes on each side (for medium-rare), or to desired doneness.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.56, Inflammation Score:-7, Nutrition Score:20.495217395865%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 231.87kcal (11.59%), Fat: 5.74g (8.83%), Saturated Fat: 2.05g (12.82%), Carbohydrates: 7.25g (2.42%), Net Carbohydrates: 6g (2.18%), Sugar: 5.51g (6.12%), Cholesterol: 89.21mg (29.74%), Sodium: 1062.89mg (46.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.04g (72.08%), Selenium: 48.67µg (69.53%), Vitamin B6: 1.1mg (55.13%), Vitamin B3: 10.47mg (52.37%), Zinc: 6.29mg (41.91%), Vitamin C: 32.09mg (38.9%), Phosphorus: 382.3mg (38.23%), Vitamin B12: 1.42µg (23.69%), Potassium: 747.02mg (21.34%), Iron: 3.19mg (17.75%), Magnesium: 61.64mg (15.41%), Vitamin B2: 0.25mg (14.87%), Vitamin A: 709.67IU (14.19%), Vitamin B5: 1.2mg (11.99%), Vitamin B1: 0.16mg (10.68%), Folate: 41.39µg (10.35%), Copper: 0.17mg (8.58%), Manganese: 0.14mg (6.87%), Vitamin E: 0.8mg (5.34%), Calcium: 53.33mg (5.33%), Fiber: 1.25g (4.98%), Vitamin K: 4.15µg (3.95%)