



Teriyaki Steak Skewers



Gluten Free



Dairy Free

READY IN



86 min.

SERVINGS



26

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 lb beef sirloin steak boneless cut into thin strips
- ☐ 2 Tbsp brown sugar packed
- ☐ 2 cloves garlic minced
- ☐ 1 tsp ground ginger
- ☐ 0.5 cup a.1. original sauce
- ☐ 2 cups pineapple chunks fresh
- ☐ 2 pasilla peppers red cut into bite-size pieces
- ☐ 2 Tbsp soya sauce

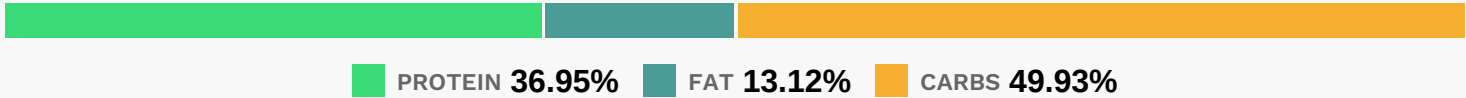
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ Mix first 5 ingredients.
- ☐ Place meat in glass bowl.
- ☐ Add 1/4 cup steak sauce mixture; stir to evenly coat meat. Refrigerate 1 hour to marinate, stirring occasionally. Refrigerate remaining steak sauce mixture.
- ☐ Heat grill to medium-high heat.
- ☐ Drain meat; discard marinade. Alternately thread meat, pineapple and peppers on 8 skewers.
- ☐ Grill 4 to 6 min. or until meat is done, turning and brushing occasionally with remaining steak sauce mixture.

Nutrition Facts



Properties

Glycemic Index:2.96, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:3.5391304648441%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 45.92kcal (2.3%), Fat: 0.68g (1.04%), Saturated Fat: 0.24g (1.48%), Carbohydrates: 5.78g (1.93%), Net Carbohydrates: 5.33g (1.94%), Sugar: 4.95g (5.5%), Cholesterol: 10.29mg (3.43%), Sodium: 142.58mg (6.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.55%), Vitamin C: 13.5mg (16.36%), Selenium: 5.55µg (7.93%), Vitamin B6: 0.16mg (7.81%), Vitamin B3: 1.33mg (6.67%), Vitamin A: 295.75IU (5.91%), Zinc: 0.75mg (5%), Phosphorus: 42.77mg (4.28%), Potassium: 110.17mg (3.15%), Vitamin B12: 0.16µg (2.73%), Vitamin B1: 0.04mg (2.53%), Iron: 0.43mg (2.38%), Manganese: 0.05mg (2.33%), Magnesium: 8.68mg (2.17%), Vitamin B2: 0.04mg (2.06%), Folate: 7.66µg (1.92%), Copper: 0.04mg (1.89%), Fiber: 0.45g (1.82%), Vitamin B5: 0.15mg (1.51%), Vitamin

E: 0.2mg (1.32%)