



Steak Kebabs

Number of Servings: 2
Calories Per Serving: 533
PCF Ratio: 32-26-42

Single Serving Comment: 1/2 of Recipe

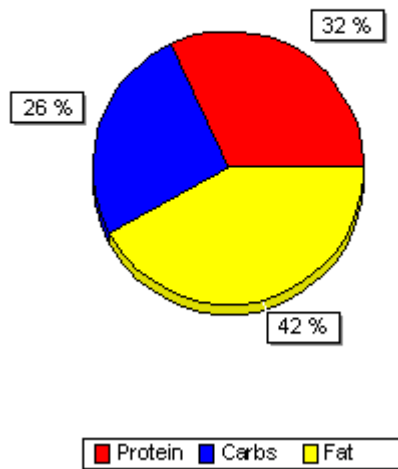
Cooking Instructions

Ingredients:

- 250g Sirloin
 - 1.5 cups Mushrooms
 - 1.5 tbsp Olive Oil
 - 3/4 cup cooked, medium grain Brown Rice
 - 1.5 Sweet Green Peppers
 - 1.5 medium, raw Onion
 - 40ml Diet Italian Salad Dressing
- (serves 2)

Cube sirloin and marinade in 2 tablespoons of light Italian dressing for 1 hour in refrigerator or overnight. Grill the sirloin on your barbecue grill by searing the cubes with a wooden stick and alternating mushrooms, onion, and pepper with the sirloin. Serve the cooked meat and vegetables over 1/2 cup of rice. Serves 2.

32-26-42 Ratio



Nutrition Information

Serving Size: 1/2 of Recipe (511g)
 Servings: 1

Amount Per Serving

Calories 530 **Calories from Fat** 230

% Daily Value*

Total Fat 25g **39%**

Saturated Fat 7g **33%**

Cholesterol 95mg **31%**

Sodium 95mg **4%**

Total Carbohydrate 35g **12%**

Dietary Fiber 5g **21%**

Sugars 9 g

Protein 43 g

Vitamin A 10% Vitamin C 180%

Calcium 6% Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet

Recipe Ingredients:

Name	Description	Serving		Calories (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Glucose (g)	Fructose (g)	Galactose (g)	Sucrose (g)
		Size	Gram Wt.								
BEEF TOP SIRLOIN, BROILED, SLF (SIRLOIN STRIP)	trim to 0" fat, all grades	9 oz	255	540.6	74.8						
MUSHROOM, RAW	whole	1 1/2 cup	144	31.7	4.4	4.7	2.4	2.1	.2		
OLIVE OIL, EXTRA VIRGIN		1 1/2 tbsp	23	180							

Steak Kebabs (continued)

BROWN RICE, MEDIUM GRAIN, COOKED	3/4 cup	146	163.8	3.4	34.4								
GREEN PEPPER, SWEET, RAW (BELL)	2.25/pound, 3.75" long, 3" dia	1 1/2	246	49.2	2.1	11.4	5.9	2.9	2.8				.3
ONION, RAW	2.5" dia	1 1/2	165	69.3	1.5	16.7	7.1	3.2	1.9				1.9
SALAD DRESSING, ITALIAN, DIET	commercial, 2 calories/tsp , no salt	1 1/2 oz	43	32.3	.2	1.9	1.9	1	1				
Recipe Total:			1,021	1066.9	86.5	69.1	17.3	9.2	5.9				2.2
Single Serving Total:			766	533.4	43.2	34.6	8.6	4.6	2.9				1.1

Name	Lactose (g)	Maltose (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Omega-3 (g)	Omega-6 (g)	Cholest (mg)	Alcohol (g)(mcg_RAE)	Vit-A (IU)	Vit-A IU (IU)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)
BEEF TOP SIRLOIN, BROILED, SLF (SIRLOIN STRIP)				24.7	9.6	.2	.8	186.1				.2	.4	19.9
MUSHROOM, RAW			1.4	.5	.1		.2					.1	.6	5.2
OLIVE OIL, EXTRA VIRGIN				21	3									
BROWN RICE, MEDIUM GRAIN, COOKED			2.6	1.2	.2							.1	.0	1.9
GREEN PEPPER, SWEET, RAW (BELL)			4.2	.4	.1	.0	.1			44.3	910.2	.1	.1	1.2
ONION, RAW	.0		2.3	.1	.0		.0				3.3	.1	.0	.1
SALAD DRESSING, ITALIAN, DIET				2.7	.2	.2	.6	2.6		.4	5.1			
Recipe Total:	.0		10.6	50.6	13.3	.3	1.7	188.7		44.7	918.6	.7	1.1	28.4
Single Serving Total:			5.3	25.3	6.6	.2	.9	94.4		22.4	459.3	.3	.5	14.2

Name	Pantothenic Acid (mg)	Vit B-6 (mg)	Folate (mcg)	Food Folate (mcg)	Folic Acid (mcg)	Folate DFE (mcg DFE)	Vit B-12 (mcg)	Biotin (mcg)	Vit-C (mg)	Vit-D (IU)	Alpha Toco-pherol (mg)	Vit-E IU (IU)	Calcium (mg)	Magnesium (mg)
BEEF TOP SIRLOIN, BROILED, SLF (SIRLOIN STRIP)	1.5	1.6	23	23		23	4.4				1.1		56.1	63.8
MUSHROOM, RAW	2.2	.2	23	23		23	.1		3	109.4	.0		4.3	13
OLIVE OIL, EXTRA VIRGIN														
BROWN RICE, MEDIUM GRAIN, COOKED	.6	.2	5.9	5.9		5.9							14.6	64.4
GREEN PEPPER, SWEET, RAW (BELL)	.2	.6	27.1	27.1		27.1			197.8		.9		24.6	24.6
ONION, RAW	.2	.2	31.4	31.4		31.4			10.6		.0		36.3	16.5

Steak Kebabs (continued)

SALAD DRESSING, ITALIAN, DIET		.0								.3		3.8	1.7
Recipe Total:	4.6	2.8	110.3	110.3		110.3	4.5		211.4	109.4	2.3	139.8	183.9
Single Serving Total:	2.3	1.4	55.1	55.1		55.1	2.2		105.7	54.7	1.1	69.9	91.9

Name	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Chloride (mg)	Chromium (mcg)	Copper (mg)	Fluoride (mg)	Iodine (mcg)	Iron (mg)	Manganese (mg)	Molybdenum (mcg)	Selenium (mcg)	Zinc (mg)
BEEF TOP SIRLOIN, BROILED, SLF (SIRLOIN STRIP)	584	938.4	155.6			.2			4.8	.0		81.3	13.6
MUSHROOM, RAW	123.8	457.9	7.2			.5			.7	.1		13.4	.7
OLIVE OIL, EXTRA VIRGIN													
BROWN RICE, MEDIUM GRAIN, COOKED	112.6	115.5	1.5			.1			.8	1.6			.9
GREEN PEPPER, SWEET, RAW (BELL)	49.2	430.5	7.4			.2			.8	.3			.3
ONION, RAW	44.6	237.6	4.9			.1			.3	.2		.8	.3
SALAD DRESSING, ITALIAN, DIET	4.7	36.1	12.8						.3			3.4	.1
Recipe Total:	918.8	2216.1	189.3			1			7.7	2.2		99	15.9
Single Serving Total:	459.4	1108.1	94.7			.5			3.9	1.1		49.5	8