

# Shish Kabob

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-shish-kabob-recipe>

## Ingredients:

- 2 tablespoons vegetable oil
- 2 tablespoons Dijon mustard
- 1 tablespoon balsamic vinegar
- 1 teaspoon dried thyme leaves
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- steak Cut Into 1 1/2 inch Square Cubes X 1/2 Thick - 1 1/2 Pound
- red onion Sliced - 1/2
- bell pepper Sliced - 1
- zucchini Sliced - 1
- 2 tablespoons vegetable oil

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 4 grams
3. Fat: 15 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. SaturatedFat: 1 grams
7. Sodium: 590 milligrams
8. Sugar: 2 grams

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