

Espetadas (Portuguese Beef Shish Kabobs)

Yield: 10 min
Total Time: 500 min

Recipe from: <https://www.recipeschoose.com/recipes/portuguese-shish-kebab-recipe>

Ingredients:

- 3/4 cup red wine
- 8 cloves garlic
- 6 bay leaves crumbled
- 2 tablespoons coarse salt
- freshly ground pepper to taste
- 3 pounds sirloin steak beef, cut into cubes
- 1 inch water for 60 minutes

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 55 milligrams
4. Fat: 6 grams
5. Protein: 30 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 1490 milligrams

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