



WHATSheATE



Apricot Grilled Lamb Kabobs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons apricot preserves
- ☐ 1 teaspoon rosemary dried crushed
- ☐ 2 teaspoons garlic minced
- ☐ 1 pound lamb loins boneless lean cut into 1-inch pieces
- ☐ 1 large purple onion quartered
- ☐ 1 tablespoon rice wine vinegar
- ☐ 0.5 cup teriyaki baste-and-glaze sauce

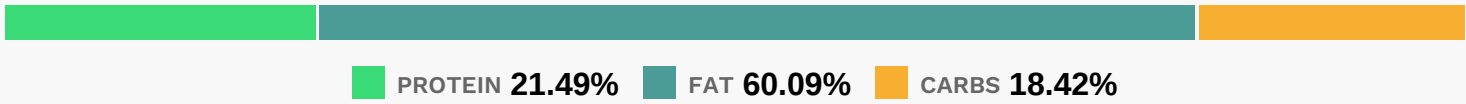
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ Bring first 5 ingredients to a boil in a small saucepan, stirring constantly. Cool completely. Reserve 1/3 cup mixture.
- ☐ Place lamb and onion in a shallow dish or large heavy-duty zip-top plastic bag; pour remaining teriyaki mixture over lamb. Cover or seal, and chill 1 hour, turning occasionally.
- ☐ Remove lamb and onion from marinade, discarding marinade.
- ☐ Alternate lamb and onion on 4 (8-inch) skewers.
- ☐ Coat food rack with cooking spray; place on grill over medium-high heat (350 to 400).
- ☐ Place kabobs on rack, and grill, covered with grill lid, 8 minutes or to desired degree of doneness, turning and basting occasionally with reserved teriyaki mixture.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:0.71, Inflammation Score:-3, Nutrition Score:12.44478258361%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 402.16kcal (20.11%), Fat: 26.62g (40.96%), Saturated Fat: 11.57g (72.32%), Carbohydrates: 18.36g (6.12%), Net Carbohydrates: 17.77g (6.46%), Sugar: 12.77g (14.19%), Cholesterol: 82.78mg (27.59%), Sodium: 1453.15mg (63.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.42g (42.84%), Vitamin B12: 2.62µg (43.66%),

Vitamin B3: 7.26mg (36.32%), Selenium: 22.39µg (31.98%), Zinc: 3.98mg (26.51%), Phosphorus: 244.37mg (24.44%),
Vitamin B2: 0.28mg (16.22%), Iron: 2.53mg (14.08%), Magnesium: 49.59mg (12.4%), Vitamin B6: 0.24mg (11.92%),
Potassium: 390.78mg (11.17%), Vitamin B1: 0.15mg (10.09%), Copper: 0.18mg (9.06%), Vitamin B5: 0.85mg (8.55%),
Folate: 28.79µg (7.2%), Vitamin C: 3.84mg (4.65%), Manganese: 0.09mg (4.54%), Vitamin K: 4.22µg (4.02%),
Calcium: 39.74mg (3.97%), Fiber: 0.59g (2.36%), Vitamin E: 0.25mg (1.69%)