



## Brochette of Lamb with Tapenade

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 large garlic cloves crushed unpeeled
- 2.5 pounds leg of lamb boneless cut into 1 1/2-inch cubes
- 0.3 cup olive oil extra-virgin
- 1 teaspoon cracked pepper black
- 2 rosemary sprigs crushed
- 1 teaspoon sea salt
- 6 thyme sprigs crushed
- 8 servings tapenade

- 12 inch wooden skewers
- 8 servings tapenade
- 12 inch wooden skewers

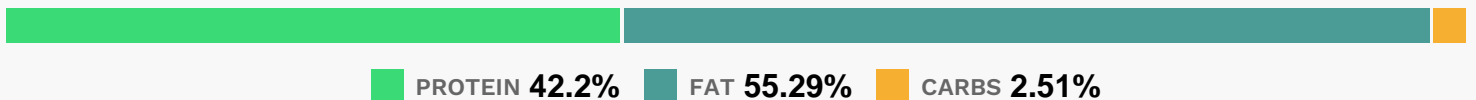
## Equipment

- grill
- skewers

## Directions

- Combine first 5 ingredients in a zip-top freezer bag; add lamb. Seal and chill at least 8 hours.
- Soak skewers in water to cover 30 minutes.
- Brush herbs and garlic off lamb, and discard marinade. Thread lamb onto skewers, and sprinkle with salt.
- Grill over medium heat (300 to 350°F)
- for 4 to 5 minutes on each side or until desired degree of doneness.
- Let stand 5 minutes.
- Serve with Tapenade.

## Nutrition Facts



## Properties

Glycemic Index:22.13, Glycemic Load:0.28, Inflammation Score:-6, Nutrition Score:10.291739049165%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 178.8kcal (8.94%), Fat: 10.81g (16.64%), Saturated Fat: 2.38g (14.88%), Carbohydrates: 1.1g (0.37%), Net Carbohydrates: 0.88g (0.32%), Sugar: 0.02g (0.03%), Cholesterol: 57.15mg (19.05%), Sodium: 346.7mg (15.07%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.57g (37.14%), Vitamin B12: 2.41µg (40.19%), Selenium: 21.32µg (30.46%), Vitamin B3: 5.6mg (27.98%), Zinc: 3.47mg (23.16%), Phosphorus: 177mg (17.7%), Vitamin B2: 0.23mg (13.52%), Iron: 1.87mg (10.37%), Vitamin B6: 0.18mg (9.17%), Vitamin B1: 0.13mg (8.69%), Potassium: 275.36mg (7.87%), Vitamin E: 1.17mg (7.82%), Vitamin B5: 0.66mg (6.63%), Magnesium: 26.36mg (6.59%), Copper: 0.13mg (6.35%), Folate: 21.06µg (5.27%), Manganese: 0.1mg (5.25%), Vitamin K: 4.51µg (4.3%), Vitamin C: 1.92mg (2.32%), Calcium: 14.14mg (1.41%)