



Charmoula Lamb



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 2 tablespoons garlic minced
- ☐ 1 tablespoon ground cumin
- ☐ 1 pound boned leg of lamb cut into 1 1/2-in. chunks
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon regular paprika sweet

☐ 1 teaspoon salt

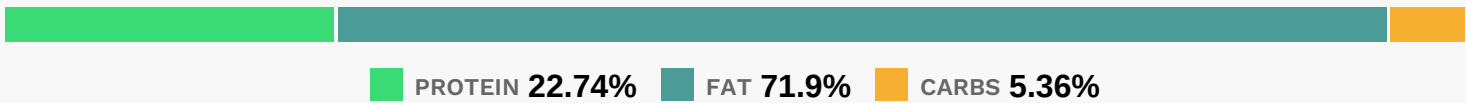
Equipment

- ☐ bowl
- ☐ grill
- ☐ wooden skewers

Directions

- ☐ In a bowl, combine olive oil, cilantro, fresh lemon juice, cumin, paprika, garlic, salt, and pepper.
- ☐ Add lamb to marinade and chill at least 1 hour and up to 1 day, then thread meat on metal or wooden skewers (soak these at least 30 minutes).
- ☐ Prepare a hot charcoal or gas grill. Grill lamb, turning once, 8 to 10 minutes for medium-rare (cut to test).

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.48, Inflammation Score:-6, Nutrition Score:12.155217398768%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 269.67kcal (13.48%), Fat: 21.83g (33.59%), Saturated Fat: 3.7g (23.16%), Carbohydrates: 3.66g (1.22%), Net Carbohydrates: 2.68g (0.98%), Sugar: 0.46g (0.51%), Cholesterol: 45.72mg (15.24%), Sodium: 631.15mg (27.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.54g (31.08%), Vitamin B12: 1.93µg (32.15%), Selenium: 17.58µg (25.11%), Vitamin B3: 4.75mg (23.74%), Vitamin E: 3.36mg (22.39%), Zinc: 2.95mg (19.68%), Vitamin A: 973.15IU (19.46%), Vitamin K: 16.93µg (16.13%), Iron: 2.89mg (16.07%), Phosphorus: 158.62mg (15.86%), Vitamin B2: 0.21mg (12.54%), Vitamin B6: 0.22mg (11.06%), Manganese: 0.2mg (10.09%), Potassium: 307.52mg (8.79%), Vitamin B1:

0.13mg (8.41%), Magnesium: 30.13mg (7.53%), Copper: 0.14mg (6.77%), Vitamin B5: 0.6mg (6.03%), Vitamin C: 4.64mg (5.63%), Folate: 19.93µg (4.98%), Fiber: 0.98g (3.9%), Calcium: 32.49mg (3.25%)