



Chicken-Lamb Kebabs

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings golden apricot sauce
- ☐ 6 tablespoons bread crumbs dried fine
- ☐ 4 servings orange-ginger catsup
- ☐ 1 large egg yolk
- ☐ 0.5 pound ground chicken
- ☐ 4 servings sauce (optional; choices follow)
- ☐ 0.5 pound lamb lean
- ☐ 2 tablespoons onion minced

- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 4 servings herb vinaigrette

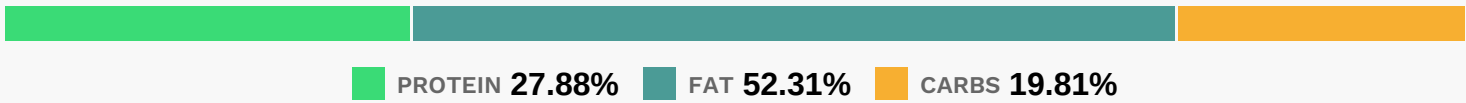
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ In a bowl, mix chicken, lamb, bread crumbs, onion, egg yolk, 1/4 teaspoon salt, and pepper.
- ☐ Divide meat mixture into 4 equal portions. Pat each portion around a metal skewer (flat ones are easiest to handle) to form a log 1 inch thick and 7 to 8 inches long.
- ☐ Lay skewers on a lightly oiled barbecue grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds); close lid on gas grill. Rotating skewers to brown meat evenly, cook until kebabs are no longer pink in center (cut to test), 7 to 10 minutes. If desired, about 1 minute before meat is done, brush lightly with the sauce of your choice.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:8.4152173840481%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 322.09kcal (16.1%), Fat: 18.78g (28.9%), Saturated Fat: 7.62g (47.6%), Carbohydrates: 16.01g (5.34%), Net Carbohydrates: 15.17g (5.52%), Sugar: 4.71g (5.23%), Cholesterol: 136.05mg (45.35%), Sodium: 483.14mg (21.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.53g (45.05%), Vitamin B3: 4.38mg (21.92%), Vitamin B6: 0.35mg (17.69%), Selenium: 12.09µg (17.28%), Phosphorus: 147.93mg (14.79%), Vitamin B1: 0.22mg (14.58%), Vitamin B2: 0.25mg (14.49%), Iron: 2.18mg (12.11%), Potassium: 382.98mg (10.94%), Manganese: 0.18mg (8.98%), Vitamin B5: 0.85mg (8.46%), Zinc: 1.19mg (7.91%), Vitamin B12: 0.45µg (7.55%), Folate: 25.22µg (6.31%), Magnesium: 21.23mg (5.31%), Copper: 0.09mg (4.74%), Calcium: 45.33mg (4.53%), Vitamin E: 0.55mg (3.67%), Fiber: 0.84g (3.36%), Vitamin A: 157.94IU (3.16%), Vitamin K: 3.07µg (2.92%), Vitamin D: 0.23µg (1.53%), Vitamin C: 1.09mg (1.32%)