



 **59%**  
HEALTH SCORE

## Curried Lamb Kabobs

 **Gluten Free**  **Very Healthy**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**152 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon curry powder
- 0.5 cup yogurt plain fat-free
- 16 medium size mushrooms fresh
- 1 large bell pepper green seeded cut into 16 pieces
- 1 pound leg of lamb boneless lean
- 1 tablespoon soya sauce low-sodium
- 2 small onions

## Equipment

- sauce pan
- grill
- skewers

## Directions

- Trim fat from lamb; cut lamb into 1 1/4-inch cubes.
- Place lamb in a shallow dish.
- Combine yogurt, soy sauce, and curry powder; add to lamb, and stir to coat. Cover and marinate in refrigerator at least 2 hours.
- Cook onions in boiling water to cover in a medium saucepan 10 minutes.
- Drain and cut each onion into 4 wedges.
- Prepare grill.
- Remove lamb from marinade; reserve marinade. Thread lamb, onion, bell pepper, and mushrooms alternately onto 8 (10-inch) skewers; brush with reserved marinade.
- Coat a grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- Place kabobs on rack; grill, covered, 10 minutes or to desired degree of doneness, turning kabobs once.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:18.5, Glycemic Load:1.43, Inflammation Score:-6, Nutrition Score:17.784782591073%

## Flavonoids

Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg

## Nutrients (% of daily need)

Calories: 152.3kcal (7.61%), Fat: 3.73g (5.75%), Saturated Fat: 1.28g (7.98%), Carbohydrates: 10.65g (3.55%), Net Carbohydrates: 8.36g (3.04%), Sugar: 6.44g (7.15%), Cholesterol: 46.33mg (15.44%), Sodium: 218.76mg (9.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.08g (40.16%), Vitamin C: 37.57mg (45.54%), Vitamin B3: 7.68mg (38.39%), Selenium: 25.61µg (36.59%), Vitamin B12: 2.15µg (35.8%), Vitamin B2: 0.6mg (35.52%), Phosphorus: 281.5mg (28.15%), Zinc: 3.62mg (24.14%), Vitamin B5: 2mg (20.05%), Copper: 0.4mg (19.79%), Potassium: 683.6mg (19.53%), Vitamin B6: 0.37mg (18.34%), Vitamin B1: 0.22mg (14.79%), Iron: 2.14mg (11.9%), Folate: 46.99µg (11.75%), Magnesium: 43.94mg (10.98%), Manganese: 0.19mg (9.49%), Fiber: 2.29g (9.14%), Calcium: 83.37mg (8.34%), Vitamin K: 3.73µg (3.56%), Vitamin A: 159.47IU (3.19%), Vitamin E: 0.45mg (3%), Vitamin D: 0.16µg (1.07%)