



Curried Lamb Kebabs with Raita

READY IN



45 min.

SERVINGS



4

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup pieces bell pepper yellow ()
- ☐ 1 teaspoon brown sugar
- ☐ 16 large cherry tomatoes
- ☐ 1 cup couscous uncooked
- ☐ 2 tablespoons cucumber diced peeled seeded
- ☐ 1 tablespoon curry powder
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground pepper red

- ☐ 1 pound leg of lamb boneless trimmed cut into 1-inch pieces
- ☐ 1 teaspoon juice of lemon
- ☐ 2 teaspoons olive oil divided
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 8 ounce carton yogurt plain fat-free

Equipment

- ☐ bowl
- ☐ grill
- ☐ broiler
- ☐ skewers
- ☐ broiler pan

Directions

- ☐ Prepare couscous according to package directions, omitting salt and fat. Set aside.
- ☐ While couscous is standing, prepare raita.
- ☐ Combine cucumber and next 5 ingredients (cucumber through garlic) in a small bowl; cover and chill.
- ☐ Prepare broiler or grill.
- ☐ To prepare the kebabs, combine lamb, curry, 1 teaspoon oil, sugar, 1/2 teaspoon salt, and red pepper in a medium bowl; toss well.
- ☐ Combine 1 teaspoon oil, bell pepper, and tomatoes in a bowl; toss well. Thread lamb, bell pepper, and tomatoes alternately onto 4 (10-inch) skewers.
- ☐ Place kebabs on broiler pan or grill rack coated with cooking spray; cook 7 minutes on each side or until done.
- ☐ Serve kebabs with raita and couscous.

Nutrition Facts



 **PROTEIN 29.53%**  **FAT 16.14%**  **CARBS 54.33%**

Properties

Glycemic Index:36.75, Glycemic Load:20.49, Inflammation Score:-7, Nutrition Score:21.936086944912%

Flavonoids

Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 339.29kcal (16.96%), Fat: 6.05g (9.3%), Saturated Fat: 1.61g (10.09%), Carbohydrates: 45.79g (15.26%), Net Carbohydrates: 41.97g (15.26%), Sugar: 7.23g (8.03%), Cholesterol: 46.86mg (15.62%), Sodium: 466.1mg (20.27%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 24.88g (49.77%), Vitamin C: 86.48mg (104.82%), Vitamin B12: 2.27µg (37.91%), Vitamin B3: 6.85mg (34.25%), Phosphorus: 339.04mg (33.9%), Manganese: 0.59mg (29.54%), Selenium: 19.69µg (28.13%), Zinc: 3.93mg (26.19%), Vitamin B2: 0.39mg (22.67%), Potassium: 708.23mg (20.24%), Vitamin B6: 0.36mg (17.8%), Iron: 3.09mg (17.19%), Magnesium: 67.12mg (16.78%), Copper: 0.33mg (16.3%), Vitamin B1: 0.24mg (16.23%), Vitamin B5: 1.6mg (15.99%), Calcium: 156.23mg (15.62%), Fiber: 3.81g (15.24%), Folate: 57.15µg (14.29%), Vitamin A: 641.47IU (12.83%), Vitamin E: 1.24mg (8.23%), Vitamin K: 5.46µg (5.2%)