



Fresh Herb–Marinated Lamb Tenderloin Kebabs

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black freshly ground
- 1 tablespoon dijon mustard
- 3 tablespoons mint leaves fresh chopped
- 3 tablespoons rosemary fresh chopped
- 3 tablespoons thyme leaves fresh chopped
- 3 garlic cloves minced
- 2 tablespoons honey

- 1.5 pounds lamb tenderloin cut into 2-inch pieces
- 0.3 cup juice of lemon fresh
- 2 tablespoons olive oil
- 3 tablespoons oregano fresh chopped
- 1 teaspoon salt

Equipment

- grill
- ziploc bags
- skewers

Directions

- Preheat grill to medium-high heat.
- Combine all ingredients except lamb in a large zip-top plastic bag.
- Add lamb to bag; seal and marinate in refrigerator 30 minutes.
- Remove lamb from bag; discard marinade. Thread lamb pieces evenly onto 12 (10-inch) skewers. Grill 2 minutes on each side or until desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:32.71, Glycemic Load:3.39, Inflammation Score:-10, Nutrition Score:15.136521722959%

Flavonoids

Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg Hesperetin: 1.73mg, Hesperetin: 1.73mg, Hesperetin: 1.73mg, Hesperetin: 1.73mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 1.93mg, Luteolin: 1.93mg, Luteolin: 1.93mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 402.37kcal (20.12%), Fat: 31.59g (48.6%), Saturated Fat: 12.31g (76.91%), Carbohydrates: 10.47g (3.49%), Net Carbohydrates: 8.31g (3.02%), Sugar: 6.16g (6.84%), Cholesterol: 82.78mg (27.59%), Sodium: 484.76mg (21.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.62g (39.24%), Vitamin B12: 2.62µg (43.66%), Vitamin B3: 7.04mg (35.18%), Selenium: 22.58µg (32.25%), Zinc: 4.09mg (27.29%), Vitamin K: 23.04µg (21.95%), Iron: 3.65mg (20.26%), Phosphorus: 194.54mg (19.45%), Vitamin B2: 0.28mg (16.71%), Manganese: 0.33mg (16.56%), Vitamin C: 11.12mg (13.48%), Vitamin B6: 0.22mg (11%), Magnesium: 41.98mg (10.49%), Potassium: 353.9mg (10.11%), Vitamin B1: 0.14mg (9.59%), Vitamin E: 1.38mg (9.23%), Calcium: 88.57mg (8.86%), Copper: 0.18mg (8.81%), Fiber: 2.16g (8.65%), Folate: 34.3µg (8.58%), Vitamin B5: 0.83mg (8.3%), Vitamin A: 348.59IU (6.97%)