



Fruity lamb kebabs with chilli mayo



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



759 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 tbsp oregano chopped



1 juice of lemon



2 tbsp olive oil



3 garlic clove crushed



600 g lamb loins diced



2 bell pepper red deseeded cut into chunks



2 bell pepper green cut into chunks



1 small pineapple cored peeled cut into chunks

- ☐ 200 g mayonnaise light
- ☐ 1 pepper flakes deseeded finely chopped
- ☐ 0.5 small bunch cilantro leaves chopped
- ☐ 1 juice of lime

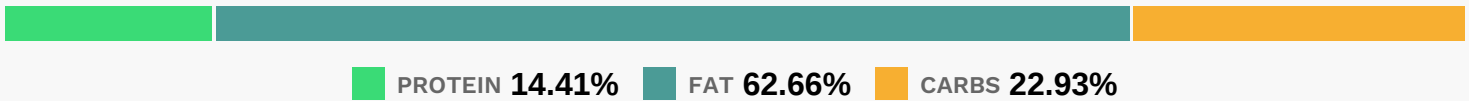
Equipment

- ☐ frying pan
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ Mix the herbs, lemon juice, olive oil, garlic and some seasoning, add the lamb and turn to coat it in the marinade.
- ☐ Thread the lamb, peppers and pineapple onto 8 metal skewers, alternating the ingredients as you go.
- ☐ Heat the barbecue or a griddle pan to hot, then cook the skewers for 8–10 mins turning frequently.
- ☐ Meanwhile mix the mayo with the chilli, coriander and lime juice. Season and serve with the kebabs.

Nutrition Facts



Properties

Glycemic Index:53.17, Glycemic Load:17.05, Inflammation Score:-10, Nutrition Score:36.144782646843%

Flavonoids

Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 1.76mg, Hesperetin: 1.76mg, Hesperetin: 1.76mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.2mg, Luteolin: 3.2mg, Luteolin: 3.2mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 759.29kcal (37.96%), Fat: 53.91g (82.94%), Saturated Fat: 18.1g (113.1%), Carbohydrates: 44.39g (14.8%), Net Carbohydrates: 38.13g (13.87%), Sugar: 28.99g (32.21%), Cholesterol: 117.5mg (39.17%), Sodium: 510.96mg (22.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.89g (55.79%), Vitamin C: 254.46mg (308.44%), Manganese: 2.4mg (119.81%), Vitamin B12: 3.46µg (57.75%), Vitamin B3: 11.19mg (55.93%), Vitamin K: 57.9µg (55.14%), Vitamin A: 2449.57IU (48.99%), Selenium: 30.24µg (43.2%), Vitamin B6: 0.86mg (43.07%), Zinc: 5.75mg (38.34%), Phosphorus: 300.73mg (30.07%), Vitamin B1: 0.43mg (28.86%), Vitamin B2: 0.48mg (28.07%), Folate: 111.53µg (27.88%), Vitamin E: 3.97mg (26.46%), Potassium: 907.56mg (25.93%), Fiber: 6.26g (25.02%), Copper: 0.49mg (24.69%), Iron: 4.19mg (23.29%), Magnesium: 80.57mg (20.14%), Vitamin B5: 1.81mg (18.06%), Calcium: 94.38mg (9.44%)