

Greek Lamb Kabobs with Yogurt-Mint Salsa Verde

 Gluten Free

READY IN



73 min.

SERVINGS



8

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 anchovy filet
- ☐ 1 teaspoon capers
- ☐ 0.5 cup olive oil extra virgin
- ☐ 2 teaspoons mint leaves fresh chopped
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 tablespoon garlic minced

- ☐ 1 garlic clove crushed
- ☐ 0.3 cup greek yogurt
- ☐ 1 teaspoon ground pepper white
- ☐ 1.5 pounds lamb tenderloin cut into 2-inch pieces
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 teaspoon oregano fresh chopped
- ☐ 8 rosemary sprigs
- ☐ 0.3 teaspoon sea salt
- ☐ 0.3 cup sherry vinegar

Equipment

- ☐ bowl
- ☐ whisk
- ☐ blender
- ☐ grill
- ☐ skewers

Directions

- ☐ Soak the rosemary skewers in water for 30 minutes. Meanwhile, whisk together the garlic, thyme, olive oil, sherry vinegar, salt, and pepper in a glass bowl. Toss the lamb pieces in the marinade, and allow to marinate at room temperature for 30 minutes. After the lamb has marinated, thread onto the rosemary sprigs.
- ☐ While the lamb is marinating, prepare the salsa verde by placing the lemon juice, olive oil, yogurt, garlic, salt, mint, oregano, parsley, capers, and anchovy filet into the bowl of a blender. Blend until smooth, then pour into a serving dish and set aside.
- ☐ Preheat an outdoor grill for medium heat.
- ☐ Cook the lamb skewers, turning occasionally, until no longer pink, about 8 minutes.
- ☐ Serve with salsa verde.

Nutrition Facts



 **PROTEIN 22.33%**  **FAT 74.82%**  **CARBS 2.85%**

Properties

Glycemic Index:26.5, Glycemic Load:0.19, Inflammation Score:-7, Nutrition Score:9.1960870779079%

Flavonoids

Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 277.29kcal (13.86%), Fat: 22.74g (34.98%), Saturated Fat: 9.08g (56.73%), Carbohydrates: 1.94g (0.65%), Net Carbohydrates: 1.54g (0.56%), Sugar: 0.49g (0.54%), Cholesterol: 62.8mg (20.93%), Sodium: 134.47mg (5.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.27g (30.54%), Vitamin B12: 2.03µg (33.77%), Vitamin B3: 5.2mg (26.02%), Selenium: 17.23µg (24.61%), Zinc: 3mg (20.03%), Phosphorus: 150.9mg (15.09%), Vitamin B2: 0.21mg (12.5%), Iron: 1.74mg (9.64%), Vitamin B6: 0.14mg (7.25%), Vitamin B1: 0.1mg (6.78%), Potassium: 228.72mg (6.53%), Vitamin K: 6.53µg (6.22%), Vitamin B5: 0.61mg (6.08%), Vitamin C: 4.97mg (6.03%), Magnesium: 22.71mg (5.68%), Copper: 0.1mg (5.24%), Folate: 18.93µg (4.73%), Manganese: 0.09mg (4.27%), Vitamin E: 0.62mg (4.15%), Calcium: 36.72mg (3.67%), Fiber: 0.4g (1.6%), Vitamin A: 52.58IU (1.05%)