



Grilled Bison Kebabs over Minted Peas

 Gluten Free

READY IN



23 min.

SERVINGS



4

CALORIES



107 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons cilantro leaves finely chopped
- ☐ 2 tablespoons feta cheese crumbled
- ☐ 0.5 teaspoon garlic minced
- ☐ 0.5 cup greek yogurt fat-free
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.8 pound ground bison
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cumin

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest fresh
- ☐ 4 tablespoons mint leaves divided chopped
- ☐ 3 tablespoons parsley finely chopped
- ☐ 10 ounce peas frozen thawed
- ☐ 0.3 cup onion red chopped
- ☐ 0.8 teaspoon salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ skewers
- ☐ grill pan
- ☐ wooden skewers

Directions

- ☐ Soak 12 wooden skewers 20 minutes.
- ☐ Whisk together yogurt, 2 tablespoons mint, feta, garlic, lemon juice, and zest. Cover and chill.
- ☐ Mix parsley and next 6 ingredients in a bowl. Form into 12 balls; thread onto skewers. Shape into ovals.
- ☐ Coat grill pan with cooking spray; preheat over medium-high heat. Cook kebabs, turning, 4 minutes for medium.
- ☐ Coat nonstick skillet with cooking spray; heat over medium heat. Cook onion 2 minutes. Stir in peas; cook 3 minutes.
- ☐ Remove from heat; stir in remaining 2 tablespoons mint.
- ☐ Divide vegetables and skewers among 4 plates.
- ☐ Serve with yogurt sauce.

Nutrition Facts



Properties

Glycemic Index:54.33, Glycemic Load:3.11, Inflammation Score:-8, Nutrition Score:14.083043372501%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 1.73mg, Eriodictyol: 1.73mg, Eriodictyol: 1.73mg, Eriodictyol: 1.73mg Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 6.73mg, Apigenin: 6.73mg, Apigenin: 6.73mg, Apigenin: 6.73mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 107.03kcal (5.35%), Fat: 2.37g (3.64%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 14.09g (4.7%), Net Carbohydrates: 9.18g (3.34%), Sugar: 5.42g (6.02%), Cholesterol: 8.81mg (2.94%), Sodium: 549.9mg (23.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.12g (16.24%), Vitamin K: 67.96µg (64.72%), Vitamin C: 37.04mg (44.89%), Vitamin A: 1069.35IU (21.39%), Manganese: 0.41mg (20.73%), Fiber: 4.91g (19.64%), Folate: 63.79µg (15.95%), Vitamin B2: 0.26mg (15.13%), Phosphorus: 150.03mg (15%), Vitamin B1: 0.22mg (14.82%), Calcium: 112.41mg (11.24%), Vitamin B6: 0.2mg (10.11%), Iron: 1.78mg (9.91%), Zinc: 1.39mg (9.24%), Magnesium: 35.9mg (8.97%), Vitamin B3: 1.78mg (8.91%), Potassium: 287.26mg (8.21%), Copper: 0.16mg (8.15%), Selenium: 5.16µg (7.38%), Vitamin B12: 0.32µg (5.31%), Vitamin B5: 0.29mg (2.91%), Vitamin E: 0.16mg (1.07%)