



Grilled Ground Lamb on Skewers (Seekh Kabobs)



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon peppercorns black
- ☐ 1 pepper flakes fresh
- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 0.8 cup mint leaves fresh chopped
- ☐ 2 medium cloves garlic
- ☐ 0.5 cup blanched almonds and
- ☐ 1 teaspoon ground cardamom

- ☐ 1 teaspoon ground cumin
- ☐ 1 lb ground lamb lean
- ☐ 0.3 cup juice of lime (2 medium limes)
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup onion red finely chopped
- ☐ 1 teaspoon salt
- ☐ 0.8 cup tomatoes chopped
- ☐ 0.3 cup water

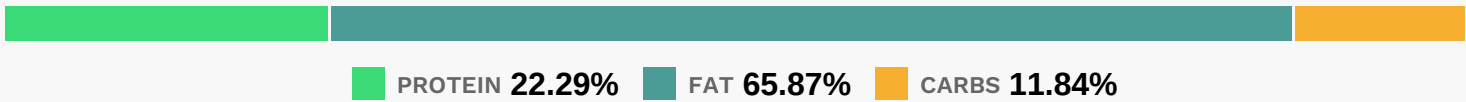
Equipment

- ☐ bowl
- ☐ blender
- ☐ grill
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ Heat coals or gas grill for direct heat. In large bowl, mix all kabob ingredients until well blended. Divide mixture into 12 equal parts. Shape each part around 6- to 8-inch bamboo or metal skewer, pressing the mixture with your hands to cover half the length of the skewer.
- ☐ Place kabobs on grill rack. Cover and grill kabobs over medium heat 13 to 15 minutes, turning kabobs occasionally to ensure even browning, until lamb is no longer pink in center.
- ☐ In blender, place all chutney ingredients. Cover and blend on medium speed until smooth.
- ☐ Serve kabobs with chutney. Store chutney, tightly covered, in refrigerator up to 10 days.

Nutrition Facts



Properties

Glycemic Index:40.17, Glycemic Load:1.17, Inflammation Score:-6, Nutrition Score:8.405652206877%

Flavonoids

Eriodictyol: 1.96mg, Eriodictyol: 1.96mg, Eriodictyol: 1.96mg, Eriodictyol: 1.96mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg

Nutrients (% of daily need)

Calories: 283.48kcal (14.17%), Fat: 21.42g (32.95%), Saturated Fat: 7.97g (49.79%), Carbohydrates: 8.66g (2.89%), Net Carbohydrates: 5.99g (2.18%), Sugar: 2.71g (3.02%), Cholesterol: 55.19mg (18.4%), Sodium: 455.01mg (19.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.31g (32.62%), Manganese: 0.53mg (26.62%), Vitamin C: 21.24mg (25.75%), Vitamin E: 2.74mg (18.25%), Vitamin A: 659.08IU (13.18%), Iron: 2.27mg (12.64%), Vitamin K: 11.89µg (11.32%), Magnesium: 43.64mg (10.91%), Fiber: 2.67g (10.7%), Copper: 0.18mg (9.08%), Phosphorus: 76.99mg (7.7%), Potassium: 254.66mg (7.28%), Vitamin B2: 0.12mg (6.81%), Calcium: 66.46mg (6.65%), Vitamin B6: 0.13mg (6.41%), Folate: 23.92µg (5.98%), Vitamin B1: 0.06mg (3.91%), Vitamin B3: 0.77mg (3.86%), Zinc: 0.55mg (3.67%), Vitamin B5: 0.16mg (1.57%), Selenium: 0.73µg (1.04%)