



Grilled Lamb and Fig Skewers with Mint-Pepper Glaze and Grilled Eggplant

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup apricot preserves
- ☐ 2 eggplant 1-inch-thick unpeeled cut into slices
- ☐ 12 figs fresh halved
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 2 tablespoons garlic clove minced
- ☐ 1 tablespoon pepper black
- ☐ 1 tablespoon kosher salt

- ☐ 3 pounds leg of lamb boneless fat trimmed cut into 1-inch cubes
- ☐ 1 tablespoon lemon zest finely grated (from 1 lemon)
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon pepper red
- ☐ 0.3 cup red wine vinegar
- ☐ 1 tablespoon coriander seeds whole
- ☐ 1 tablespoon cumin seeds whole

Equipment

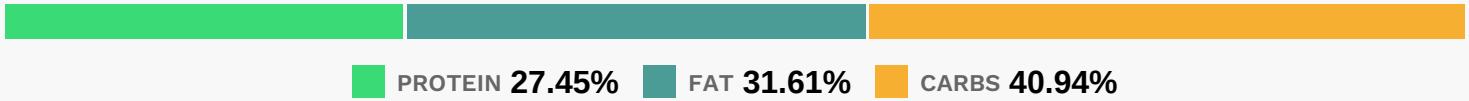
- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ skewers

Directions

- ☐ Make mint-pepper glaze
- ☐ In small saucepan over moderate heat, stir together jam, vinegar, red pepper flakes, and lemon zest. Bring to boil, then lower heat to low and simmer, uncovered, stirring occasionally, until slightly thickened, about 10 minutes.
- ☐ Remove from heat and allow to cool 5 minutes. Stir in mint and set aside.
- ☐ Prepare grill for cooking
- ☐ If using charcoal grill, open vents on bottom, then light charcoal. Charcoal fire is medium-hot when you can hold your hand 5 inches above rack for 4 to 5 seconds. If using gas grill, preheat burners on high with hood closed 10 minutes, then turn down to moderately high.
- ☐ Prep lamb
- ☐ In electric spice mill or clean coffee grinder, combine cumin and coriander seeds. Pulse several times to coarsely grind. In large bowl, toss together lamb, figs, and olive oil.
- ☐ Add garlic, ground cumin and coriander, salt, and pepper, and toss gently to combine. Thread lamb cubes and figs onto skewers.
- ☐ Prep eggplant

- ☐ Arrange eggplant slices on platter. Rub each slice on both sides with oil and sprinkle with salt and pepper.
- ☐ Grill lamb and eggplant
- ☐ Arrange skewers and eggplant on grill. Cook eggplant, turning once, until slices are golden and moist, about 3 to 4 minutes per side. Cook lamb to slightly less than desired doneness (cubes will continue to cook after being removed from grill), turning once and brushing with glaze during last 30 seconds of grilling on each side, about 4 minutes per side for medium-rare.
- ☐ Arrange eggplant slices on serving platter, top with skewers, and serve.

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:11.65, Inflammation Score:-8, Nutrition Score:26.748695497927%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 459.01kcal (22.95%), Fat: 16.7g (25.69%), Saturated Fat: 3.73g (23.34%), Carbohydrates: 48.67g (16.22%), Net Carbohydrates: 39.62g (14.41%), Sugar: 33.29g (36.99%), Cholesterol: 91.44mg (30.48%), Sodium: 1292.27mg (56.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.63g (65.26%), Vitamin B12: 3.86µg (64.3%), Vitamin B3: 10.59mg (52.93%), Selenium: 35.74µg (51.06%), Zinc: 6.11mg (40.76%), Manganese: 0.8mg (40.1%), Fiber: 9.04g (36.17%), Phosphorus: 347.8mg (34.78%), Potassium: 1110.97mg (31.74%), Vitamin B2: 0.5mg (29.31%), Vitamin B6: 0.56mg (28.09%), Iron: 4.85mg (26.92%), Copper: 0.46mg (23.03%), Magnesium: 90.99mg (22.75%), Vitamin B1: 0.34mg (22.65%), Folate: 75.7µg (18.93%), Vitamin E: 2.77mg (18.46%), Vitamin B5: 1.81mg (18.14%), Vitamin K: 18.61µg (17.72%), Vitamin A: 724.9IU (14.5%), Vitamin C: 10.72mg (12.99%), Calcium: 98.95mg (9.89%)