



Grilled Lamb and Halloumi Kebabs

READY IN



30 min.

SERVINGS



4

CALORIES



667 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound cherry tomatoes
- ☐ 8 ounces halloumi cheese cut into 1-in. cubes
- ☐ 1 teaspoon kosher salt
- ☐ 1 pound lamb stew meat cut into 1-in. cubes
- ☐ 1 tablespoon mint leaves fresh whole chopped
- ☐ 5 tbsp olive oil
- ☐ 1 tablespoon oregano fresh whole chopped
- ☐ 1 teaspoon pepper
- ☐ 4 wholewheat pita breads whole-wheat white warmed halved

☐ 3 tablespoons red wine vinegar

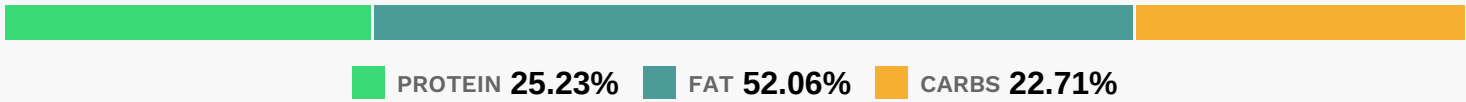
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ grill
- ☐ skewers
- ☐ tongs
- ☐ metal skewers

Directions

- ☐ Heat grill to high (450 to 550).
- ☐ Mix 5 tbsp. oil, the vinegar, salt, pepper, and chopped herbs in a large bowl. Measure 2 tbsp. and set aside.
- ☐ Add cheese, tomatoes, and lamb to remaining dressing, tossing to coat. Thread cheese, tomatoes, and lamb onto 8 metal skewers.
- ☐ Oil cooking grate, using tongs and a wad of oiled paper towels. Grill kebabs, turning once, until meat and cheese are browned, about 6 minutes.
- ☐ Set skewers on plates, drizzle with reserved dressing, and scatter with herb leaves.
- ☐ Serve with pita.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:29.14, Inflammation Score:-9, Nutrition Score:24.169565117877%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Myricetin: 0.01mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 667.25kcal (33.36%), Fat: 38.31g (58.94%), Saturated Fat: 14.34g (89.6%), Carbohydrates: 37.59g (12.53%), Net Carbohydrates: 34.75g (12.64%), Sugar: 3.16g (3.51%), Cholesterol: 73.71mg (24.57%), Sodium: 1650.15mg (71.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.78g (83.56%), Calcium: 664.26mg (66.43%), Vitamin B12: 3.1µg (51.6%), Vitamin B3: 8.64mg (43.18%), Selenium: 26.5µg (37.86%), Zinc: 5.39mg (35.96%), Vitamin C: 26.34mg (31.92%), Phosphorus: 304.85mg (30.48%), Manganese: 0.56mg (28.16%), Vitamin E: 3.64mg (24.25%), Iron: 4.29mg (23.82%), Vitamin B1: 0.34mg (22.77%), Vitamin B2: 0.36mg (21.31%), Vitamin K: 22.3µg (21.24%), Potassium: 670.65mg (19.16%), Copper: 0.34mg (16.83%), Vitamin B6: 0.31mg (15.31%), Magnesium: 59.94mg (14.99%), Folate: 58.74µg (14.68%), Vitamin A: 631.61IU (12.63%), Vitamin B5: 1.2mg (11.96%), Fiber: 2.84g (11.36%)