



Grilled Lamb Kebabs with Tomatoes, Zucchini, and Yogurt Sauce

 **Gluten Free** Image not found or type unknown

READY IN

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ready

110 min.

SERVINGS

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servings

12

CALORIES

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calories

58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 pint cherry tomatoes
- ☐ 0.3 cup kirby cucumber dry grated
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 4 teaspoons garlic minced
- ☐ 0.8 cup greek yogurt
- ☐ 1 juice of lemon
- ☐ 12 servings kosher salt and pepper freshly ground

- ☐ 2 lamb blade steaks cut into 1-inch cubes 1 pound
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 1 medium zucchini cut into cubes the size of the tomatoes

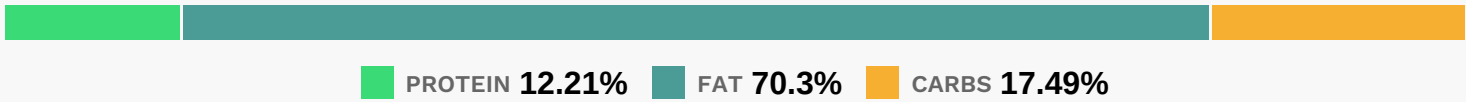
Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ Combine the lamb steaks with 2 tablespoons olive oil, 3 teaspoons garlic, lemon zest, lemon juice, and oregano in a resealable plastic bag. Marinate in the refrigerator at least 1 hour or up to overnight.
- ☐ Mix together the Greek yogurt, cucumbers, dill, and remaining 1 teaspoon garlic in a bowl and add salt to taste. Set aside.
- ☐ Prepare a grill to medium-high heat. Soak 12 bamboo skewers in water for 10 minutes.
- ☐ Toss the tomatoes and zucchini with the remaining 2 tablespoons olive oil. Thread the skewers alternating the lamb, cherry tomatoes, and zucchini, then sprinkle on all sides with salt and pepper. Grill the lamb to medium-rare, turning occasionally, about 10 minutes.
- ☐ Serve with the yogurt sauce.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:0.16, Inflammation Score:-5, Nutrition Score:2.8952174186707%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 57.82kcal (2.89%), Fat: 4.69g (7.22%), Saturated Fat: 0.68g (4.23%), Carbohydrates: 2.63g (0.88%), Net Carbohydrates: 2.09g (0.76%), Sugar: 1.45g (1.61%), Cholesterol: 0.75mg (0.25%), Sodium: 202.37mg (8.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.67%), Vitamin C: 8.88mg (10.77%), Vitamin K: 6.84µg (6.52%), Vitamin E: 0.86mg (5.74%), Manganese: 0.09mg (4.63%), Vitamin B2: 0.06mg (3.53%), Vitamin B6: 0.07mg (3.52%), Potassium: 121.04mg (3.46%), Phosphorus: 32.16mg (3.22%), Vitamin A: 144.71IU (2.89%), Calcium: 28.12mg (2.81%), Folate: 9.52µg (2.38%), Iron: 0.42mg (2.32%), Selenium: 1.57µg (2.24%), Fiber: 0.53g (2.14%), Magnesium: 8.13mg (2.03%), Copper: 0.03mg (1.73%), Vitamin B12: 0.09µg (1.52%), Vitamin B1: 0.02mg (1.46%), Vitamin B5: 0.12mg (1.23%), Vitamin B3: 0.25mg (1.23%), Zinc: 0.18mg (1.22%)