



Grilled Lamb Kebab Sandwich with Pickled Red Onions and Cilantro Mint Sauce

READY IN



510 min.

SERVINGS



8

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon cayenne pepper
- ☐ 0.3 cup cilantro leaves
- ☐ 1 tablespoon cilantro leaves finely chopped
- ☐ 1 pinch cumin
- ☐ 1 teaspoon cumin
- ☐ 1 tablespoon ginger fresh coarsely chopped
- ☐ 0.3 cup mint leaves fresh
- ☐ 1 clove garlic

- ☐ 3 cloves garlic coarsely chopped
- ☐ 1 tablespoon ginger coarsely chopped
- ☐ 4 green onions coarsely chopped
- ☐ 0.5 teaspoon ground allspice
- ☐ 1 teaspoon ground coriander
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon jalapeño chile seeded chopped
- ☐ 2 pounds lamb shoulder cut into 1 inch cubes
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion coarsely chopped
- ☐ 1 large onion finely sliced
- ☐ 8 1-inch pita breads
- ☐ 1 cup yogurt plain
- ☐ 0.3 cup red wine vinegar
- ☐ 8 servings salt and pepper
- ☐ 8 servings salt and pepper freshly ground
- ☐ 0.5 teaspoon turmeric
- ☐ 2 cups yogurt
- ☐ 8 servings wooden skewers
- ☐ 8 servings wooden skewers

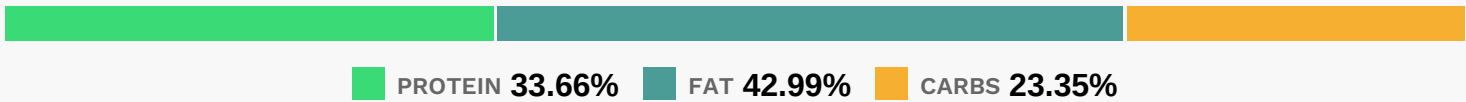
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ skewers

Directions

- ☐ Place all ingredients in a small bowl and season with salt and pepper to taste.
- ☐ Let sit at room temperature for 1 hour.;
- ☐ Place ginger, garlic and chile in a food processor and process until smooth.
- ☐ Add the onions, cilantro, mint, lime juice and cumin and process until coarsely chopped.
- ☐ Add the yogurt and process until smooth. Season with salt and pepper.
- ☐ Lamb Kebobs:Preheat grill.
- ☐ Heat olive oil in a medium skillet on the grill or sideburner.
- ☐ Add the onions and garlic and cook until soft.
- ☐ Add the spices and continue to cook for 2 minutes, let cool for 5 minutes.
- ☐ Place yogurt in a medium bowl and add the onion/spice mixture.
- ☐ Add the lamb cubes, cover and let marinate in the refrigerator for at least 8 hours.
- ☐ Remove the lamb from the marinade, and season with salt and pepper to taste. Thread 4 to 5 lamb cubes on each skewer and grill for 2 to 3 minutes on each side for medium doneness.
- ☐ Place 4 to 5 pieces of lamb in each pita, add some of the red onions and drizzle with the yogurt sauce.

Nutrition Facts



Properties

Glycemic Index:65.16, Glycemic Load:3.56, Inflammation Score:-8, Nutrition Score:13.231304308643%

Flavonoids

Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg

Nutrients (% of daily need)

Calories: 219.01kcal (10.95%), Fat: 10.45g (16.08%), Saturated Fat: 3.78g (23.65%), Carbohydrates: 12.78g (4.26%), Net Carbohydrates: 11.48g (4.18%), Sugar: 8.35g (9.28%), Cholesterol: 57.67mg (19.22%), Sodium: 489.7mg (21.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.42g (36.84%), Vitamin B12: 2.25µg (37.46%), Selenium: 18.82µg (26.89%), Zinc: 3.69mg (24.61%), Phosphorus: 243.03mg (24.3%), Vitamin B3: 4.57mg (22.87%), Vitamin B2: 0.32mg (19.01%), Vitamin K: 17.08µg (16.27%), Calcium: 147.15mg (14.72%), Potassium: 470.17mg (13.43%), Vitamin B6: 0.23mg (11.28%), Iron: 1.95mg (10.82%), Vitamin C: 8.6mg (10.42%), Magnesium: 39.67mg (9.92%), Vitamin B1: 0.14mg (9.65%), Vitamin B5: 0.96mg (9.57%), Folate: 37.96µg (9.49%), Manganese: 0.17mg (8.49%), Copper: 0.14mg (6.84%), Vitamin A: 325.68IU (6.51%), Vitamin E: 0.9mg (5.98%), Fiber: 1.29g (5.18%)