



Grilled Lamb Skewers with Warm Fava Bean Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1.5 teaspoons olive oil extravirgin
- ☐ 4 cups avarakkai / broad beans shelled (8 pounds unshelled)
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1.5 pounds leg of lamb trimmed cut into 1-inch cubes
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated

- ☐ 6 lemon wedges
- ☐ 1 teaspoon salt divided
- ☐ 2 tablespoons water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ skewers

Directions

- ☐ Cook fava beans in boiling water for 1 minute or until tender.
- ☐ Drain, and rinse with cold water.
- ☐ Drain.
- ☐ Remove tough outer skins from beans, and discard skins.
- ☐ Combine olive oil, chopped mint, lemon rind, lemon juice, 1/2 teaspoon salt, and 1/4 teaspoon freshly ground black pepper in a medium bowl, stirring with a whisk.
- ☐ Heat 2 tablespoons water in a medium saucepan over medium-high heat, and add beans to pan. Cook 2 minutes or until beans are thoroughly heated.
- ☐ Add beans to juice mixture, and toss to coat.
- ☐ Prepare grill.
- ☐ Thread lamb onto 12 (8-inch) skewers. Coat lamb with cooking spray; sprinkle evenly with remaining 1/2 teaspoon salt and remaining 1/4 teaspoon pepper.
- ☐ Place skewers on grill rack coated with cooking spray; grill 7 minutes or until lamb is done, turning occasionally.
- ☐ Serve with salad and lemon wedges.

Nutrition Facts



 **PROTEIN 40.05%**  **FAT 18.18%**  **CARBS 41.77%**

Properties

Glycemic Index:19.25, Glycemic Load:9.69, Inflammation Score:-5, Nutrition Score:16.463913134907%

Flavonoids

Eriodictyol: 4.35mg, Eriodictyol: 4.35mg, Eriodictyol: 4.35mg, Eriodictyol: 4.35mg Hesperetin: 5.83mg, Hesperetin: 5.83mg, Hesperetin: 5.83mg, Hesperetin: 5.83mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 232.43kcal (11.62%), Fat: 4.76g (7.32%), Saturated Fat: 1.38g (8.6%), Carbohydrates: 24.58g (8.19%), Net Carbohydrates: 17.79g (6.47%), Sugar: 2.65g (2.95%), Cholesterol: 45.72mg (15.24%), Sodium: 438.53mg (19.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.57g (47.14%), Folate: 138.3µg (34.57%), Vitamin B12: 1.93µg (32.15%), Phosphorus: 283.74mg (28.37%), Selenium: 19.82µg (28.32%), Fiber: 6.78g (27.13%), Manganese: 0.53mg (26.62%), Vitamin B3: 5.3mg (26.48%), Zinc: 3.91mg (26.1%), Copper: 0.4mg (19.87%), Magnesium: 70.82mg (17.71%), Iron: 3.18mg (17.68%), Vitamin B2: 0.29mg (16.86%), Potassium: 547.77mg (15.65%), Vitamin C: 12.51mg (15.16%), Vitamin B1: 0.22mg (14.63%), Vitamin B6: 0.22mg (11.09%), Vitamin B5: 0.74mg (7.39%), Calcium: 53.68mg (5.37%), Vitamin K: 4.16µg (3.96%), Vitamin E: 0.36mg (2.41%), Vitamin A: 57.74IU (1.15%)