



## Grilled Meatball, Halloumi, and Baby Squash Skewers

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



210 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.5 pound lamb
- ☐ 4 oz halloumi cheese cut into 6 cubes (buy extra in case some splits when skewered)
- ☐ 1 tablespoon olive oil
- ☐ 6 servings big daddy's taco rub fresh
- ☐ 0.5 pound baby squash mixed (pattypan and zucchini)

### Equipment

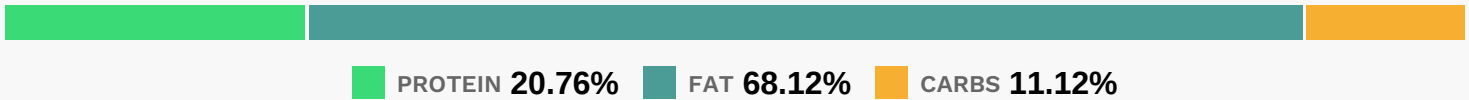
- ☐ bowl

- ☐ grill
- ☐ skewers

## Directions

- ☐ Soak 12 (10-in.) bamboo skewers in water about 30 minutes.
- ☐ Heat grill to medium (about 350).
- ☐ Combine half of the rub with lamb in a bowl and shape into 12 balls.
- ☐ Brush cheese and squash with oil, then coat with remaining rub. Thread meatballs, cheese, and squash onto 6 double sets of skewers, holding skewers slightly apart and alternating ingredients.
- ☐ Grill, turning once, until meat is medium-rare, 7 to 8 minutes total.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:11.437826312107%

## Nutrients (% of daily need)

Calories: 209.9kcal (10.5%), Fat: 16.02g (24.65%), Saturated Fat: 7.46g (46.63%), Carbohydrates: 5.88g (1.96%), Net Carbohydrates: 4.88g (1.77%), Sugar: 0.99g (1.1%), Cholesterol: 27.59mg (9.2%), Sodium: 251.2mg (10.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.99g (21.97%), Vitamin A: 4070.71IU (81.41%), Calcium: 233.13mg (23.31%), Vitamin K: 19.29µg (18.37%), Vitamin B12: 0.87µg (14.55%), Vitamin B3: 2.77mg (13.83%), Manganese: 0.22mg (11.03%), Selenium: 7.44µg (10.63%), Vitamin C: 8.18mg (9.91%), Zinc: 1.41mg (9.39%), Iron: 1.57mg (8.72%), Phosphorus: 75.24mg (7.52%), Vitamin B6: 0.13mg (6.69%), Potassium: 230.67mg (6.59%), Vitamin E: 0.98mg (6.55%), Magnesium: 25.27mg (6.32%), Vitamin B1: 0.08mg (5.64%), Vitamin B2: 0.09mg (5.34%), Folate: 19.77µg (4.94%), Copper: 0.08mg (4.11%), Fiber: 1g (4%), Vitamin B5: 0.4mg (3.97%)